

Treats For Troops

NOTE: There are six items that are included in every box – cough drops, eye drops, lip balm, drink mixes, hard candy, and chewing gum

SUGGESTED FOOD ITEMS

- Bars – protein, high-energy, cereal
- Beef jerky / Slim Jims (prepackaged and vacuum sealed)
- Candy – NO CHOCOLATE unless covered w/ a shell (such as M&Ms), fruit chews, mints, Nerds, Runtts, Bottle Caps, Skittles, LifeSavers, lollipops, caramels, etc.
- Cereal – any kind, but especially sweetened (eaten as snacks right from the box), individual envelopes of instant oatmeal or flavored grits, instant breakfast powder packets
- Chicken/tuna/turkey (prepacked) or as salads (in packets)
- Corn nuts, French fried onion rings, pistachios (in shell is OK), any kind of nuts that are easy to shell
- Crackers – small sealed packages w/ peanutbutter, cheese, etc.; packages of Goldfish, 1 lb. boxes of Cheese-its, Triscuits, etc. (NO SALTINES as they are available there)
- Coffee/tea creamers – powdered, any flavor, any brand
- Drinks – dry powdered pre-sweetened (Crystal Light, Kool-Aid, etc.), tea bags, hot chocolate packets
- Fruit snacks sealed in individual envelopes – Fruit-by-the-foot, Gushers, etc., dried fruit in large packets (SunMaid, Craisins, etc.)
- Fruit bowls w/ gelatin or puddings (sealed, needing NO refrigeration)
- Chewing gum – any kind, any flavor, any size
- Seasonal items are welcome, if they are within the expiration date

SUGGESTED NON-FOOD ITEMS

- Chemical hand and foot warmers (very thin, in individual sealed envelopes, each lasting 6-8 hours) – available in sporting goods stores or sporting goods dept. at Wal-Mart, Target
- Cough drops/lozenges – any kind or flavor
- Lip balm – ChapStick, Carmex, Campho-Phenique tubes, lip gloss (white/light pink is OK for women, NO colors or frosted)
- Personal hygiene products in small to medium size packages
 - Body/foot powder (for inside boots, which they live in for weeks at a time)
 - Qtips, shower wash/gels (as near to odor-free as possible)
 - Eye drops (not fancy ones, just for red-out or to make tears, etc.)
- Multivitamins w/ extra Vitamin C and/or calcium
- Pain patches (like ThermaCare for neck, back, etc.) – any brand, preferably w/ no odor
- Bactine individual pain cleansing wipes
- Playthings (to pass time between bombings – either new or used in good, clean condition w/ all pieces/parts)
 - Playing cards, sets of dice, mini-Backgammon, Parcheesi, Cribbage
 - Yo-yos, Slinky, Silly Putty, packets of large balloons
 - Small bottles of bubbles (NO large bottles – too costly to ship)
- Disposable cameras
- Stationery – note cards, mini sketch pads, fine-line markers, etc
NO stamps needed – combat zone soldiers have access to “free” mail
- Sunday newspaper comics, Parade magazine, uplifting individual cartoons, Guideposts magazine, Reader’s Digest magazines (small magazines are easier to handle and pass around)
- Ziplock bags – all sizes (used to keep items safe in transit)
- International Calling Cards – purchase through **AAFES.com**, **operationuplink.org** or **800-527-2345** (Most telephone cards available locally are only usable within the United States or North America.)
- Monetary donations are also much appreciated to help with shipping cost. Checks should be made payable to Mary Conway and marked Treats For Troops. All will be acknowledged for tax purposes.