

# Community Service

## Hugs from Home Project

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Bring in the items to make the care packages for our troops abroad

### **Items Requested**

Cards and Letters  
Patriotic Banner or Poster

Thick socks (cotton)  
Wet wipes (small packages)  
Quart zip loc bags  
Liquid hand sanitizer  
Nasal spray  
Liquid soap/Body wash  
Shampoo  
Deodorant (travel size)  
Tissues (individual packs only)  
Sunblock, SPF 45/Sun screen  
Vitamin E/Aloe Vera Gel  
Lozenges/Cough drops  
Shoe insole cushions (gel kind)  
Tylenol/Motrin/Advil/Aspirin (packets)

Pens and mechanical pencils  
Batteries "AA", "AAA" and "C"  
Stationery and envelopes  
Puzzle books

Powder sports drink (to add to water)  
Powder energy drinks/protein drinks  
Beef jerky  
Candy/Gum/Licorice  
Nuts/Pumpkin seeds/sunflower seeds/trail mix  
Starbuck's instant coffee/Hot chocolate packets  
Power bars/Granola bars/Cereal bars  
Microwaveable foods(popcorn, Mac'n'cheese)  
Crackers/ Rice Krispie Treats  
Instant oatmeal packets  
Individual cereal boxes

### **Items that CANNOT be accepted**

Home baked food  
Glass bottles or glass jars  
Aerosol cans or sprays  
Canned food  
Hotel samples  
VHS tapes  
Music CDs  
Hard cover books

