

# Care Packages for Military Overseas

**Thank you for donating items from this list to our troops in Saudi Arabia.  
They so appreciate any of the following items.**

- Tuna fish lunch kits, Easy Mac or Cup-a-Soup, single serving items.
- Hot apple cider, VIA Starbucks, Keurig pods
- Beef jerky, any individualised snacks like nuts, Pringles in small cans, gum
- Single serving metal canned fruit in a ziplock bag with plastic spoon
- Dried fruit, nuts, trail mix
- Protein, granola, cereal or snack bars, fruit snacks: roll-ups, gushers etc.
- Pop Tarts
- Good ground coffee (Starbucks, Dunkin Donuts, Coffee Bean/Tea Leaf, teabags etc. powdered cream, real sugar packets, or calorie-free sugars.
- Baby wipes – small packs of 20, small packs of Kleenex tissues
- SMALL powdered Gatorade, Crystal Light, presweetened drink mixes
- Tube socks (white crew or boot socks), lip balm, sunscreen, neutrogena face wipes.
- T-shirts (white cotton, any size), WOMEN – sports bras size 32 -34
- SMALL Frisbees, small Nerf Footballs, small soccer balls – must fit in 12x12x15” box
- Used paperback books. Travel car games, hand sanitizers.
- Sudoku/crossword puzzles, word search books (attach a pen/pencil to each book), pencil sharpeners, erasers.
- Personal hygiene – think travel size toothbrushes, paste, floss, razors, Q-tips, shampoo, conditioner, small deodorant, body creams, cotton balls – no SOAP BARS

Please pray for the troops wherever they are serving.

Letters of encouragement are a great gift. Service men and women love getting mail.  
Children's drawings with a letter are cherished (no last names of children).

**Please contact Susie Zimmerman (310) 316-5941 for questions**