

## Suggested Donated Items for Care Packages

### DRINKS

Instant Coffee Packets  
 Powdered Coffee Creamer  
 Powdered Drinks mixes  
 Instant Tea mixes (sweet) or Tea Bags  
 Gatorade Powder 18.4oz or smaller

### FOOD (including dry goods, snacks)

Protein/Energy Bars  
 Candy, such as Tootsie Rolls (NO Chocolate Bars)  
 \*Jerky  
 Canned Fruit (pop top cans, no plastic)  
 Canned Meat (pop top cans, no plastic)  
 Granola Bars  
 Instant Soups (Top Ramen, Cup of Soup)  
 Gum  
 Instant Oatmeal  
 Pop-Tarts  
 Ravioli (pop top cans)  
 Tuna Kits  
 \*Small Pop Top Canned Items

### TOILETRIES/HYGIENE

Baby wipes—Individual Packs  
 Nose spray  
 Deodorant  
 Feminine Hygiene products  
 \*Foot Powder 10-12oz or smaller  
 Hand Lotion travel size  
 Hand Sanitizers—Individual size  
 Lip balm

### NO GLASS CONTAINERS NO HOTEL TOILETRIES

### TOILETRIES/HYGIENE

Q—Tips 170 count or less  
 Razors (disposable)  
 Shampoo / Conditioner 12oz or smaller  
 Bar Soap (No Strong Scented Soap-Irish Spring)  
 \*Sunscreen  
 Tissues—Individual Packs

### DENTAL

Floss  
 Mouthwash (small containers)  
 Toothbrushes—Singles  
 Toothpaste—Single Packs

### OTHER

Baggies (all sizes zip lock)  
 Batteries, esp AA  
 Bug Spray  
 Duct Tape  
 Fly Strips  
 \*Pre-paid Phone Cards  
 Shoe Insole Cushions  
 Socks (cushioned)  
 Puzzle Books

### Special Requests

### VA RETIREMENT HOME

*Redding, CA*  
 Sugar Free Candy  
 Pocket Combs  
 Sunglasses  
 Magnifying Glasses (with light)  
 Readers Glasses  
 Laundry Soap



\*Highly desired