



APPROVED ITEMS LIST

- Bring care package donation items to the VVA Chapter 751 Office (1004 SW B Ave) from now through July 2.
- Please write a letter of support to accompany your donation.
- Care package donations must fit in a quart-size (7"x 8") Ziploc® bag.

SUGGESTED FOOD / DRINK ITEMS

Please note that all food items must be manufacturer sealed. Items that are determined unacceptable by the inspectors will be discarded and not returned.

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| • Beef jerky (pork is not permitted by Iraqi law) | • Crackers, cookies, chips (lunch-size) | • Powdered drink mix (non-alcoholic) |
| • Camper-style foods | • Dried fruit | • Tea bags |
| • Candy (not twist-wrapped) | • Granola bars | • Trail mix; nuts / seeds |
| • Coffee packets | • Gum (not twist-wrapped) | • Tuna snack kits |
| • Condiments from fast food restaurants | • Packets of instant oatmeal | • Vienna sausages (chicken or beef only) |
| | • Packets of sugar, artificial sweetener, salt and pepper | |

SUGGESTED TOILETRIES

Please note that all toiletry items must be travel-size and manufacturer sealed. Items that are determined unacceptable by the inspectors will be discarded and not returned.

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| • Advil® / Tylenol® (other OTC medications) | • Foot powder | • Razors |
| • Anti-fungal medications | • Hand sanitizer | • Shampoo, conditioner, hair gel |
| • Band-aid® adhesive bandages | • Kleenex® | • Soap |
| • Chapstick® | • Lotion | • Sunblock |
| • Contact lens solution; eye drops | • Moist wipes | • Toilet paper |
| • Dental floss | • Neosporin® | • Toothbrushes |
| | • Odor-Eaters® (for boots) | • Toothpaste |

OTHER SUGGESTED ITEMS

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| • AA or AAA batteries | • Flystrips | • Phone cards |
| • Cameras (disposable) | • Holiday greeting cards | • Playing cards |
| • CDs (blank or music) | • Magazine / newspaper article clippings | • Rubber bands |
| • Crew socks | • Mousetraps | • Small bungee cords |
| • Crossword puzzles | • Nerf toys (small footballs, etc.) | • Socks |
| • DVDs | • Pencils / pens | • Sunglasses |
| • Electrical tape (small, thin rolls) | • Personal messages (cards, letters) | • Travel games |
| • Flashlights | | • Travel mugs |

