

Care Package Shopping List

** NO LARGE BOTTLES (8 oz or less)

Blue Star Mothers of America
P.O. Box 456
Kenton, OH 43326

Bsmktraey@gmail.com

FOOD Beef jerky
Granola bars
Healthy bars (protein, power, and nutrition)
Cereal bars
Sandwich crackers (cheese, PB, etc)
Tuna or Chicken salad in foil packets
Dried Fruit and fruit snacks
Nuts, trail mix
Jiff-to-Go or Nutella spread
Microwave popcorn
Hard candy
Gum (the kind in blister packs keep better)
Honey (plastic container)
Almond milk (non-refridgerated, individual size)
Seasoning packets (ranch, italian, etc.)
Hot sauce (plastic bottle)
Microwave cooked rice packets
Single serve drink mix packets for water bottles

MISC. Pillow case
Multi-vitamins
Bug spray (plastic pump bottles only)
Sudoku/crossword/puzzle books
Travel size card games

PERSONAL ITEMS

Ricola cough drops
Chapstick with highest
Chewable Pepto-bismol
Tums
Deodorant (men & women)
Tylenol/Acetaminophin *NO Ibuprofen or aspirin
Dayquil/Nyquil
Body wash (women)
2 in 1 shampoo/body wash (men)
Toothbrushes (individually packaged)
Toothpaste and dental floss
Mouthwash strips (comes in little plastic packet)
Foot and body powder
Q-tips (travel size)
Disposable razors (men & women)
Nail clippers, nail file, emery board
Moleskin/molefoam (Dr. Scholl's foot padding)
Tissues (travel size)
Sunblock (lotion type, no aerosol cans)
Eye drops (for moisturizing)