

“Goody Packages” for Troops

Personal Items

Hand disinfectant (liquid)
Baby wipes
Sunscreen
Insect repellent
Playing cards
Board games (chess, backgammon, checkers) Frisbee
Dominos
Movies (VHS and DVD)
Batteries (AAA, AA, C & D)
CDs
Black/brown T-shirts (all sizes)
Tube socks
Phone cards
Feminine hygiene items
Hair clips
Vitamin C/multi-vitamins
Air in a can
Artificial tears
Baby/shower powder
Dental floss
Eye drops
Face cream
Foot powder
Hand cream
Small bottles of gun oil
Small bottles of mouth wash

Toothbrushes
Used cleaning rags (clean)
Weapons cleaning supplies
Work out equipment

Food Items

Beef jerky
Brownies
Chips in a can
Chocolate puddings
Cocktail weenies
Cookies
Corn nuts
Crystal Light Drink Mix
Cup of soup mixes
Fruit cups
Instant mocha mix
Jalapenos in a jar
Jello cups
Liquorish
M & M's or similar type candy
Microwave popcorn
Noodle soup
Pickled onions
Pistachios
Raisins
Ready-made lunches/spreadables
Small cans of spaghetti O's

To find a military contact who will guide you in how and where to send your donation. Go to <http://www.vfw.org/resources/pdf/pocmilitary.pdf>

Note: Overseas mail delays are caused by something as simple as adding the name of the destination country to an address. By writing "Iraq" or "Kuwait" on a letter or package it is routed through civilian mail channels rather than military ones. Sorting machines cannot determine whether or not the letter is intended to reach an Army or Fleet Post Office address. Unsolicited mail is no longer accepted because of the stress it creates on the military mail system and because of the possible threat it can pose to servicemembers. Programs like "Operation Dear Abby" and the "Any Servicemember" mail program were suspended on Oct. 30, 2002.