



SHOPPING FOR THE TROOPS

PERSONAL HYGIENE ITEMS: High Quality Razors, Deodorant, Shower Gels, Body Lotion, Shampoo/Conditioner (*smaller sizes*), Mouth Wash, Foot Powder, Foot Sprays, Sun Screens, Chap stick, Eye Wash, Ibuprofen, Mucinex, Icy Hot/Cold Patches
Dental Floss

POCKET SIZED FOOD AND SNACKS: Healthy Snacks, Such As Beef Jerky, Protein Bars, Granola Bars, Nuts, (Roasted Peanuts, Cashews Almonds, Etc.), Sun Flower Seeds, Fruit Snacks, Girl Scout Cookies (Favorite), Instant Soup Mixes, Ramen Noodles

CANDY AND GUM: Brand Name Chewing Gum, Life Savers Rolls, Hard Candy or Heat Tolerant Candy like Swedish Fish, Skittles, Individually Wrapped Licorice, Airheads

POCKET SIZED POWDERED DRINKS: Propel Powder Packs, Protein Drinks Powder, packets Hot Chocolate, Instant Coffee, Lemonade, Emergen-C, ,

MISCELLANEOUS: Quart And Gallon Sized Ziploc Bags, Stationary, Envelopes, Dice, Hacky Sacks, Travel-Sized Games, And Socks.

CARDS AND LETTERS EXPRESSING THANKS! Great School or Community Project!

ATTENTION: FAMILIES OF TROOPS DEPLOYED OVERSEAS: Please contact us with their address and cut-off shipping dates so we can mail them.

NO AEROSOLS, BATTERIES, CD'S MAGAZINES, DVD'S, OR LIQUIDS PLEASE!

Any Questions, contact
Dawn Hedrick (847) 312-7898 Email:
helpUSAtroops@gmail.com

**FOR MORE INFORMATION:
Visit us on the web at www.helpusatroops.com
or follow us on Facebook at
"Help USA Troops – VNC"**