



## **SHOPPING FOR THE TROOPS**

**PERSONAL HYGIENE ITEMS:** High Quality Razors, Tooth Paste, Tooth Brushes, Deodorant, Shower/Body 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 And 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

**CANDY AND GUM:** Brand Name Chewing Gum And Life Savers Rolls Seem To Be The Most Popular Type Of Candy. Hard Candy or Heat Tolerant Candy like Swedish Fish, Skittles, Individually Wrapped Licorice, Airheads and G.S. Cookies

**POCKET SIZED POWDERED DRINKS:** Propel Powder Packs, Protein Drinks Powder, 5 Hour Energy Drinks, Hot Chocolate, Instant Coffee, Lemonade, Emergen-C, Ramen Noodles, Instant Soup Mixes.

**MISCELLANEOUS:** Quart And Gallon Sized Ziploc Bags, Pens, Stationary, Envelopes, I-Tunes Gift Cards, Playing Cards, 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 date so we can mail them

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

**FOR MORE INFORMATION:  
Visit us on the web at [www.helpusatroops.com](http://www.helpusatroops.com)  
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