

Adopt-a-Soldier for the Holidays

Last year, Junior Red Crossers donated a lot of items so that we could "adopt" five members of our military serving active duty overseas. We ended up sending five very LARGE care packages (and received some very happy notes of thanks!). Since it was such a success last year, we're going to "adopt" active duty military members again this year! One of our projects for the November Junior Red Cross meeting on November 7th will be to assemble care packages. **You are encouraged to bring some of the suggested items that are listed below with you to the meeting on November 7th.** We know that anything that is sent will be greatly appreciated. If you have any questions, please contact youth@arc-salem.org.



Personal Care Items

Travel sizes, no aerosols or things that will melt

Suggestions:

- Aloe Vera Lotion
- Baby Powder
- Baby Wipes
- Blistex / Vaseline / Carmex / Chapstick (With Sunblock)
- Deodorant (roll-on or gel only)
- Disposable razors (unopened packages only)
- Eye drops
- Feminine Hygiene products
- Flip-flops / Shower shoes
- Foot Powder
- Hand sanitizer
- Kleenex Tissues ("pocket packs" only)
- Laundry Soap (trial size, single-load packs, or tablets)
- Liquid, bar or waterless soap
- Liquid body wash soap
- Lotion (in tubes only)
- Moleskin (Dr. Scholl's)
- Q-tips
- Saline spray / drops (for nasal passages)
- Shampoo / Conditioner
- Shaving Cream (non-aerosol)
- Sunblock
- Toilet Paper
- Toothpaste / Toothbrush / Mouthwash / Floss
- "Wet Ones" (individually wrapped)
- White Cotton Socks (new in package)
- White T-Shirts (new in package)



Food Items

Snack sizes and individual portion packs only
No aerosols
Nothing that will melt, no expired dates

Suggestions:

- Campbell's Soup-at-Hand
- Chicken / Turkey / Salmon (Plastic Containers)
- Chips / Doritos / Pringles / Corn chips
- Cracker Packs / Cookie Packs
- Fruit (Small Cans)
- Granola Bars / Protein Bars
- Gum / Lifesavers / Hard Candy
- Lasagna / Ravioli (Plastic Containers)
- Popcorn / Poppycock / Cracker Jacks
- Powdered Drink Mixes
- Powdered Spices (to enhance flavor of food)
- Trail Mix / Raisins / Nuts / Dried fruit
- Tuna (in easy-open envelope packs)
- Twisters (individually wrapped)

Miscellaneous Items

- Batteries
- Crossword puzzles / Sudoku
- DVDs / CDs (movies, music)
- Games / puzzles (hand-held)
- Hand warmers / Foot warmers
- Insect Repellent Towelettes (no aerosols)
- MAG Light (flashlight)
- Phone calling cards
- Writing paper / envelopes / pens
- Ziploc Bags (Large)