

## List of Items for Military Boxes

**ALL FOOD ITEMS SHOULD BE INDIVIDUAL PACKS, BAGS, or CONTAINERS THAT CAN BE CARRIED IN POCKETS OR SMALL PLACES WITH NO CAN OPENER REQUIRED.**

*Expiration dates on food should be at least 3-4 months*

### Food and Drink

Pringles (small canisters) **Do NOT buy chips in bags.** They will be crushed.  
Packs of peanut butter crackers, cheese crackers, cookies (long expiration date)  
Candy bars with **NO** chocolate. Payday candy bar is good  
Candy in theater-size boxes such as Jawbreakers, Mike & Ike (no chocolate)  
Granola bars, Rice Krispy bars, Fruit Gushers, Energy bars  
Microwave popcorn  
Individual bags of trail mix, salted peanuts, cashews  
Single serving packs of oatmeal, cereal, and grits  
Single serving cups of soup, pasta, Velveeta mac and cheese, Rice dishes  
Beef Jerky, pop top cans of tuna, chicken, sardines  
Ramen Noodles  
Small pop-top CANS of fruit—peaches, fruit cocktail, oranges—**NO plastic cups**  
Individual Crystal Light, Kool-Aid, tea that can be poured into water bottle  
Chewing gum, Life Savers, Bubble gum  
Seasonings— seasoned salt, lemon pepper  
Large containers of peppermints and Fireballs—we use as packing material around items

### Personal Care

Hand sanitizer—small individual bottles	Flip-flops (large sizes)
'Wet Ones' wipes in travel-size packs	Eye drops
Chapstick	Sunblock
Travel-size medicated foot powder	100% cotton boot-length socks
Small, travel-size personal care products	Para-cord

### Entertainment and Communication

Men's sports/health magazines—current	<u>Sunday</u> comics and Parade
Paperback books	Post-It notes
Comic books	Pens, pencils
Word Search, Crossword puzzles, Sudoku	Small LED flashlights
Jigsaw Puzzles	Handheld electronic games
Frisbees	Dominoes
Movie DVDs (PG & PG-13)	Boxed Birthday cards
Playing cards, Rook, other card games	Hacky Sacks