

Centerpoint Church Partnering with Blue Star Moms

Sending Care Packages to our Military

Packing List, Tips and Suggestions

Items in **red** & bold are most important or most needed/desired items

Food Items – Canned Items with Pop-tops	Personal Items
Beef or Turkey Jerky – No Pork Items Chicken or tuna, Vienna sausage (small) Canned Pasta or Packaged Meals: Beef-a-Roni, Chili, Ravioli, Soups (hearty), Spaghetti, Top Ramen & Cup of Soup Protein/Energy Bars, Fruit & Nut Bars	Disposable razors Personal size shaving cream Deodorant (men's and women's) Insect repellent (wipes)/Bug Spray Sunscreen/Lip Balm/Chapstick Shampoo/Conditioner Bar and Liquid Soap (no Irish Spring) Baby wipes - soft sided small packages (not containing a large amount of alcohol) Hygiene items for women Toothpaste (sample size) Toothbrushes, Dental floss, Mouthwash Q-tips Hand and body lotion New Socks/Insole cushions/Odor eaters/Mole Skin Foot Powder (small), Baby powder Playing cards DVDs Stationary/Envelopes/Greeting Cards Pens/pencils/pencil sharpeners Pre-Paid Phone Cards Batteries (all sizes) Sudoku, crossword puzzles (5x7 or smaller) Paperback books/Newspapers(local)/Magazines(current) Ziploc baggies – snack, sandwich or quart size
Pop Tarts/Breakfast Bars/Granola Bars Raisins/Dried fruit/Nuts/Sunflower Seeds Canned Fruit Canned Vegetables Chips (canned only), Cookies, Crackers Trail Mix (small bags) Cream of Wheat / Instant oatmeal packets Cereal (in small boxes)	
Packets of Gatorade/Propel/Crystal Light, Tea mixes, Mio-type liquid water enhancers Instant Coffee/K-cups/Hot Chocolate Coffee creamer (dry) Tea Bags Bouillon Cubes Sugar, Salt & Pepper Packets Condiments Packages (ketchup, mayo, etc.) Hard Candy – no chocolate	

Packing Tips and Suggestions: No Aerosol & No Glass Please!

Troops really appreciate a note or letter in the package as many don't have family or friends that regularly correspond. Please address any and all letters or cards generically, for example "Dear Troops", "Dear American Hero", "To our brave Men and Women in the Military", etc.

All items must be "sensitive to the culture in the Middle East"

Homemade cookies arrive as crumbs due to rough handling and **chocolate melts in the heat**. Packaged cookies such as the Girl Scout Cookies or similar off the shelf cookies are fine. Notice that the Ziploc baggies (snack, sandwich or quart size bag), while not listed as the most popular are really appreciated as they have so many uses for the troops in the field or on the move. You can take them out of their original box to be used individually for packing into the nooks and crannies of the box being filled. The items in **red** are especially needed due to the weather and conditions.

*Each care package costs **\$15.05 to mail** to the troops. If it is within your budget, please consider **mailing** a check payable to Centerpoint Community Church for \$15.05 to help cover the cost of mailing and in the memo please put **Military Care Packages**.*

Donations can be dropped off during the week at the church, a shopping cart will be available from 9:00am-4:00pm Monday thru Friday outside the church office where you can drop off the donations. We will be accepting donations on the courtyard in August when onsite services resume.

