



List of Recommended Items:

Food:

Candy / Gum	Chocolate	Granola bars	Beef jerky
Poptarts	Snack pack pudding	Trail mix	Peanuts
Individual cereals boxes	Tuna / Canned meat	Hot cocoa	Coffee / Tea
Powdered drink mixes	Keurig coffee k-cups	Flavored Creams	Protein powder / bars
Workout Supplements	Vitamins	BBQ sauce / Hot Sauce	Marinades
Seasonings	Peanut butter / Nutella	Sugar / Salt / Pepper	Ramen Noodles
Crackers / Chips	EZ Cheese	Campbells soup-on-the-go	Mac&Cheese Singles

Toiletries – *Travel Size Preferred:

Shampoo / Conditioner*	Body wash*	Lotion	Baby wipes
Toothpaste / Toothbrush	Mouthwash*	Dental Floss	Sun block
Hand sanitizer*	Lip balm	Foot / Body powder*	Vicks vapor rub
Eye drops	Saline solution*	Eye glass cleaner	Eye glass repair kit
Small sewing kit	Wash clothes	Toilet paper	Feminine products
Laundry soap / pods*	Clorox Wipes	Febreeze / Air fresheners	Travel Kleenex
Dryer sheets	Hand pump soap	Dish soap	Cleaning Spray

Clothing / Linens:

Mens underwear	Mens t-shirts (L & XL)	Shoe insoles	Gloves
Warm Socks	Washcloths	Flip flops / Shower shoes	Towels

Just for Fun:

Beanie Babies	Batteries (AA & AAA)	Playing Cards	Crossword Puzzles
Sudoku	Magazines / Comics	Mechanical Pencils	Pens / Markers
Small ornaments	iTunes gift card	Letters & cards	Post-its
Holiday decorations	Tableware	Pre-paid phone cards	Board games
Flashlights	Blender bottles	Coloring Books / Crayons	Movies
Speakers / Headphones	Amazon gift cards	Insulated tumblers	

DROP OFF DONATIONS

To St Mary's Parish Center Lobby
 On Sat. Nov. 4th 9:00 am – 11:00 am
 The PARISH ACTION DAY volunteers will use these supplies to fill stockings for the soldiers

Sponsored by
 Kuratko-Nosek Funeral Home

Please do not mix food items with non-food items.

When mixing soaps and other toiletries with food, the food begins to smell and taste like the soap it is boxed with. Although the soldiers appreciate everything we send, they would probably not rather have their food taste like soap. Thank you!