

CARE PACKAGE LIST

Items you might include in a Care Package:

If you think it could burst, pack it in a zip lock!

FOOD

Beef jerky
Breakfast bars
Canned fruit (pop top)
Canned meats (pop top)
Canned soup (pop top)
Cereal (small boxes)
Cookies
Crackers
Granola bars
Nuts
Oatmeal (instant packets)
Pop Tarts
Protein bars (Balance or Cliff)
Ravioli (pop top)
Sardines
Spam (Minnesota tradition)
Tuna (pouches or pop top)
Candy
Chocolate (cooler months)
Fruit by the Foot
Gum (packaged only)
Hard candies
Tootsie Rolls
Twizzlers

DRINKS nothing carbonated!

Coffee (instant)
Gatorade
Kool Aid Bursts
Shelf-Stable Milk (Parmalat)
Powdered drink mixes
Tea bags or mixes

CONDIMENTS

Packets
Creamer
Chocolate syrup
Ketchup
Mustard
Sugar

MISCELLANEOUS

Batteries
Bugspray
(deet lotions or wipes)
Board & travel games
Books
CD fanny packs
CDs
Crossword puzzle
Books
Playing cards
Disposable cameras
Flashlights
(mini mag, extra bulbs)
Flypaper
Greeting card assortment
Magazines
Newspapers (local)
Pens/Pencils
Paper
Pre-Paid phone cards

HYGIENE ITEMS

Baby wipes
Chapstick
Cold water wash (Woolite)
Deodorant
Eye drops
Feminine products
Floss
Foot powder
Hairbrushes
Hand lotion
Knee high socks
(keep out mites)
Mouthwash
Nail clippers
Q-Tips
Saline
Shampoo
Shoe insole cushions
Soap
Sunscreen
Tissues
Toilet paper (travel size)
Toothbrushes
Toothpaste
Tylenol
(individual packets or travel sizes)

Questions? Contact Bob Schirm at 612-889-4711.