



Ideas for Care Packages

When considering treats or other foods, please get individually packaged items. This way, food doesn't get stale when being shipped overseas, and we are also able to divide the items up into boxes for more than one Service Member. Thank you.

Treats

- * Cheese Crackers
- * Sunflower Seeds
- * Nuts
- * Trail Mix
- * Gummies or Fruit Snacks
- * Jerky or Slim Jims
- * Dried Fruit
- * Pringles
- * Ramen Noodles (Cups Preferred)
- * Honey Sticks (flavored are the favorite)
- * Energy Bars/Protein Bars/Clif Bars (Chocolate Chip is a favorite)
- * Peanut Butter

* Hot Chocolate

* Microwave Popcorn

* Flavoring Packets for water

- * Candy (Please avoid Chocolate), Hard Candy (Lemon Heads, Fire Balls, Etc.
- * Mac & Cheese Cups

Toiletries

- * Toothbrushes
- * Toothpaste
- * Dental Floss/Picks
- * Individually Packaged Tissues
- * Toothpicks
- * Baby Wipes
- * Foot Powder
- * Bug Spray (Non-aerosol)/Wipes

- * Epsom Salts
- * Sunscreen (Small please)
- * Q-tips
- * Lotion
- * Pain Relievers Small
- * Hand Warmers
- * Hand Sanitizer
- * Chapstick/Carmex

Other Items

- * Christmas Ornaments
- * Colorado Items (Bumper Stickers, Key Chains, Shot Glasses, Etc.)
- * Plain Deck of Cards
- * Mind Games/Puzzles
- * Crossword Puzzles, Word Search, Sudoku, Etc.

Items for Veterans

- Scarfs
- Gloves
- Winter Hats
- **Coloring Pencils**
- Pens
- Crayons
- Drawing Paper Lined Paper Notebooks Puzzles
- Large Print Word Searches
- Games
- Dominos
- Uno
- Playing Cards

Items donated before November 8 will be sent to military members overseas. Items donated after November 8 will be donated to local military members and veterans.

Please bring all donations to the Monte Vista Coop main office located at: 1901 E Hwy 160, Monte Vista, Colorado

> For monetary donations, please make checks payable to: PMP&S **Proud Military Parents & Supporters**

Questions: Stephanie Schaefer, MVC Marketing Director 719-852-5181 Ext. 1054 mvcads@mvcoop.com

