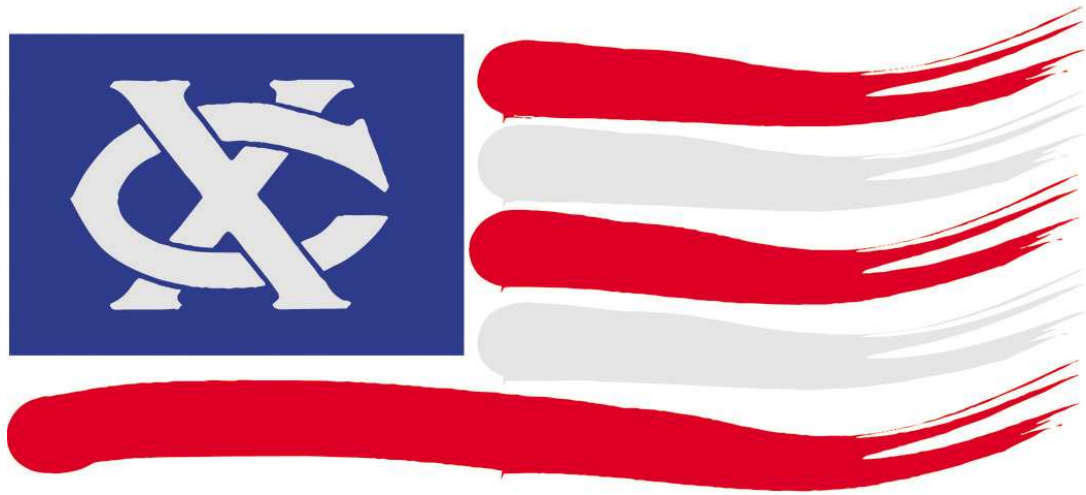


# EXCHANGE



## Uniting For A Better AMERICA

### **CARE BOXES FOR OUR TROOPS**

**Please help fill the box.**

**The Exchange Club of Tacoma will ship it  
to Katie's husband Brian deployed in  
Afghanistan for distribution to his unit.**

# ITEMS TO SEND AND NOT SEND

- **FOOD ITEMS:**
  - **DO NOT SEND:**
    - Chocolate candy bars because they melt. Liquids that will leak.
  - **DO SEND:**
    - Any kind of junk food that will ship well.
    - Cookies
    - Coffee
    - Beef Jerky
    - Salted Peanuts
    - Cup of Noodles (The “just add hot water” kind)
    - Trail Mix
    - Sunflower Seeds
    - Granola Bars
    - Breakfast Bars
    - Fruit Snacks
    - Bean Dip, Salsa, and Chips
    - Crackers
    - Soup, Canned Chicken (Pop-open cans or send a can opener with it.)
    - Tuna pouches
    - Powder Drink Mixes to add to water bottles. (Kool-Aid, Propel, Gatorade, Instant Coffee)
    - Sugar and Creamer Packets
    - Sauces to liven up the taste of foods (BBQ, Ranch, Ketchup, Salsa, Soy Sauce, Hot Sauce, etc.)
- **CARE ITEMS:**
  - **Do Not Send**
    - Hygiene items, such as toothbrushes, soap, toothpaste, razors, etc. Our soldiers say that because of the generosity of people sending care packages, there are more personal hygiene items stored at the military base camps than they need.
  - **DO SEND:**
    - Canned-air to clean dust out of computers, weapons, and other equipment.
- **RECREATION:**
  - **DO NOT SEND:**
    - It is against military regulations for soldiers to possess pornographic materials, and punishable under the Uniform Code of Military Justice. It is also

advised that possessing such is disrespectful to the sensitivities of the Muslim culture.

- **DO SEND:**
  - Anything that the soldiers can do on their down time that will help them relax. They need things that will help them smile and laugh, they need a little comic relief.
  - DVD Movies (New or Used)
  - Music CDs (New or Used)
  - CDs containing iPOD or MP3 Music
  - Video-taped Washington State and/ or University of Washington sporting events
  - Games (Small travel size games are the best.)
  - Books
  - Current Magazines
  - NEWSPAPERS! (Especially the sports sections)
- **MISCELLANEOUS: (DO SEND)**
  - Travel size laundry detergent
  - Small flash lights
  - Batteries of different sizes
  - Phone Cards (AT&T and MCI work the best)
  - Photos and Calendars
  - Any specific items that give them a reminder of home.
  - School supplies or toys to be given to local children.
  - **TOBACCO:**
    - Sending these items is up to your personal preference. The military discourages the use of tobacco, but the reality is that soldiers ask for it.
    - Cigarettes (Marlboro, Camel)
    - Chewing Tobacco (Skoal, Copenhagen)

For more information contact: Todd Bogardus, Chair of the Exchange Club's Care Boxes for Our Troops Program - [tbogardus@centurytel.net](mailto:tbogardus@centurytel.net)