



UNM Employee Health Promotion and BLUE STAR MOTHERS OF VALENCIA COUNTY DONATION DRIVE TO BENEFIT OUR TROOPS

The Blue Star Mothers of Valencia County will be sending care packages to our troops in November, and we are asking the community to donate the following items to be sent to our service men & women.

THANK YOU FOR SUPPORTING OUR TROOPS!!!

FOOD ITEMS

Beef Jerky (individual packs) / Beef Slim Jims
Salsa (small pull-tab cans or packets)
Green Chile (small pull-tab cans)
Individual Packets of Powdered Drink Mixes (Lemonade, etc.)
Candy (heat resistant) M&Ms, Skittles, Reese's Pieces OK
Gum / Cookies / Pretzels
Spices (garlic powder, onion powder, etc.)
Tabasco Sauce
Instant Coffee Singles
Tea Mixes or Wrapped & Sealed Tea Bags
Small Containers of Fruit or Pudding (easy open top)
Granola or Protein Bars
Tuna/Ham (pouches or pop-top)
Canned Turkey/Chicken (pop-top)
Small Cans of Corned Beef (pop-top)
Small Cans of Beans & Franks (pop-top)
Small Cans of Vienna Sausages (pop-top)
Small Cans of Ravioli, etc. (pop-top)
Pop Tarts / Fruit Roll Ups
Individual Packages of Trail Mix
Individually packaged crackers & cheese, etc.
Mac n' Cheese w/ Velveeta (individual size)
Bean Dip or Cheese Dip w/ pop-top
Small Microwaveable Meals (chili, stew, etc.)
Chips (individual packages or cans such as Pringles)
Individual Packages of Nuts
Take-out food packets

ENTERTAINMENT ITEMS

Sudoku Games / Crossword Puzzle Books
Small Packaged Games (checkers / Chess / Monopoly)
Word Search Books / Brain Teasers
New or Used Paperback Books / Comic Books
New or Used CDs / DVDs / Small Video Games
Small Packaged Puzzles / Footballs, etc.
Batteries, AA & AAA (Non-lithium)
Mechanical Pencils w/ Extra Lead
Yo-Yos / Hacky Sacks / Small Nerf Balls

NON-FOOD ITEMS

Deodorant (Men's/Women's)
Foot Powder
Hand Lotion
Nail Clippers
Shampoo / Hair Conditioner
Disposable Razors
Body Wash / Soap / Hand Sanitizer
Hairbrushes / Combs
Washcloths / Nylon Scrubber Poufs
Sunscreen
Wet Wipes (singles)
Toothbrushes, Toothpaste, Dental Floss
Throat Lozenges
Small Antibiotic Ointment
Eye Drops
Anti-Itch Cream
Shave Cream (Non-aerosol)
Band-Aids
Small Bottles of Mouthwash
Lip Balm (e.g., Chapstick, etc.) w/ SPF
Nail Files / Emory Boards
Small First Aid Items
Individually Packaged Facial Tissue
Small Individually Packaged Insect Repellent
(no DEET, Citronella)
Insect Spray (Non-aerosol)
Flip flops
Socks (cushioned)
Hair Gel to Keep Hair off Face
Panty Liners Used to Line Helmets
Individually Wrapped Feminine Hygiene
Products (sanitary napkins & tampons)
Other Small Feminine Hygiene Products
Hotel Hygiene Amenities are welcomed

No glass items or perishable items please.

Please provide smaller-sized packaged items due to the limited size of the postal box. Do not send canned goods requiring can openers. Do not send anything which must be cooked before being eaten.

Contact UNM Employee Health Promotion, 505.272.4460 or ehp@unm.edu or
Blue Star Mothers of Valencia Co., PO Box 743, Los Lunas, NM 87031, 505-807-1033, www.bluestarmothersofvalencianm.org