

While we eat homecooked meals with family and sit on our couches watching TV with friends, our soldiers are in the desert heat, sand in their food, getting shot at, watching friends die, keeping watch all night & marching at dawn. **The least we can do is send them care packages.** Let's honor their service by supporting them – until they all come home.

Our troops need your support

Donation deadline: October 30, 2009 Upcoming **care package assembly party: November 7th.**

Ask your dentist to sign up for Cash for Candy for our Troops—a Halloween candy buy back. See my website for more details, and a flyer you can give your dentist that explains more about the program.

Contact me at: rebecca@rebeccakushner.net (617) 524-6842 www.rebeccakushner.net/soldiers

Our packages are being mailed by **Cape Cod Cares for Our Troops** www.capecod4thetroops.com, founded by 16 year-old Dylan DeSilva. Give me the address of friends/family serving overseas so we can send them packages.

How you can help: you can...

1. **spread the word** -- send this flyer to family, friends, & colleagues; post the flyer in your workplace, house of worship, school, library, cafes, stores
2. **run a donation drive** -- contact me for details; earn autographed army memorabilia for running a drive
3. **make a donation** -- send me money (cash/check) or buy items on this list
4. **ask** -- local merchants/your employer to donate items; ask your friends to come to a FUNdraising party ("Salsa for Soldiers" "Tea for our Troops" "no presents—help the soldiers instead")
5. **get creative** -- put a notice in a newsletter, ask your dentist for toothpaste samples, ask a hotel manager for toiletries samples, ask your vendors to make in-kind donations of their products

To help me assemble the packages (which is the fun part), let me know!

Care Package Items Needed [Only buy items on this list.](#) **ITEMS IN BOLD are what's needed.**

• **a letter from you**

(**Letters** are the most requested item! Thank them for their service; don't discuss politics/the war; just write chatty anecdotes about your daily life; e-mail letters to me so I can print them)

• **food & drinks**

(**food**: granola bars/power bars, beef jerky, crackers, cookies, dried fruit/nuts in single serve packs; spice packs (2.5oz Mrs. Dash)

drinks: tea, single-serve packs of coffee, lemonade, Gatorade, hot chocolate mixes)

• **misc***

(**bootlaces**, moleskin, **anti-itch cream**, **bug lotion**, **foot powder**, Q-tips, **over the counter allergy and cold medication**, **aspirin** (small bottles); **flashlights—with batteries**)

• **hygiene items***

(**wet wipes in small packets**, toothpaste, **soap**, **deodorant**, hotel toiletries samples)

• **entertainment items**

(gently used music CDs, **deck of cards**; gently used magazines--cars, sports, foreign policy, history, travel, The Economist; **batteries (AA, AAA, D)**)

• **gifts for Iraqi & Afghani children**

(**stickers**; crayons; rulers; pencils, **hand-held cheap pencil sharpeners (NO tubs—take up too much room)**, erasers; toys--beanie babies, birthday party favors, matchbox cars)

Tips

- **NO chocolate (in granola bars/cookies)**—it melts in the desert heat
- Make sure **expiration date** is 5 - 6 months from now
- all food/drink items must be single-serve
- **no big bottles** (12oz shampoo); 4-8oz are ok (sunscreen, bug lotion); full size toothpaste & deodorant are ok
- **no liquids** (juice)
- **no glass bottles**

WE HAVE ENOUGH, SO DON'T BUY: tissues; chapstick; Q-tips; rags; magazines; books

**Why do soldiers need soap, toothpaste, and bootlaces? Because the army doesn't supply them--soldiers have to buy them at the PX, which is hard to do if you're on the front lines.)*

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