The AMWA Military and Veteran Subcommittee is proud to sponsor

**CARE PACKAGES FOR SERVICE WOMEN**

AMWA will be collecting gifts for military women overseas this Holiday Season. Here are some of the most requested items:

**Food/Snacks**
- Beef Jerky
- Coffee
- Cookies
- Dried Fruit
- Energy Bars
- Fruit Bars
- Granola Bars
- Little Debbie Snack Cakes
- Nuts (All Kinds)
- Peanut Butter
- Pop Tarts
- Pringles or Lays Chips in Canisters (no bagged chips because of crumbling)

**Protein Bars**
- Rice Krispie Treats
- Sandwich Crackers
- Slim Jims
- Trail Mix
- Trident Cinnamon Gum

**Toiletries**
- Brown/black hair ties
- Bobby pins
- Antiperspirant/Deodorant (Name Brand - solids only)
- Baby Wipes
- Chapstick
- Feminine Hygiene (Tampax Sport, Playtex Pearl, Always Pads)
- Lotion (Hand and Body – Bath & Body Works is a big treat for females)
- Mouthwash (Small Bottles)
- Razors (Schick, Gillette – good, lubricated razors only)
- Shampoo
- Shaving Gel (Non-Aerosol)
- Small Packages of Laundry Detergent/
- Fabric Softener
- Toothpaste/Tooth Brush

**Entertainment**
- Magazines (gossip magazines, Cosmopolitan, fitness magazines..)
- Card Games or just cards
- Trending books
- Writing materials (pens, notebooks, pencils..)
- Batteries
- Phone cards

**Clothes/Miscellaneous**
- Thermoses
- New sports bras
- Green Bay Packers fan gear
- Black or Green Boot Socks
- Febreze (non aerosol)
- Laundry Detergent
- White Socks (must cover ankle, no logos)
- Thank you cards

Bring all items to your local AMWA Chapter by December 2nd