

SUPPORT OUR TROOPS



The Freedom Alliance "Gifts from Home" project provides those in harm's way with some luxuries of home and expresses our appreciation for their sacrifice. It is our hope that the items sent will make life spent thousands of miles from friends and loved ones a little easier to bear.

Please DO NOT SEND:

Pork products, alcohol, pornographic materials, aerosol cans or products in glass containers (unless bubble wrapped securely). Please do not send chocolate from April - September. Package all liquids in zip-lock bags, including shampoo, mouthwash, etc.

MOST REQUESTED ITEMS

Snack Food

- Dry cereal
- **Beef Jerky/Slim Jims**
- Pretzels/chips
- Cookies
- Gum and hard candy
- **Granola and power bars**
- **Protein powder**
- Small packs of Fig Newtons, Oreos, Cheez-its
- Trail mix or dried fruit
- **Salted sunflower seeds/pumpkin seeds**
- Girl Scout cookies
- **Powdered drink mix (Gatorade, kool-aid, Crystal Light)**
- Condiments and spices
- **Tuna in pouches**
- Rice Krispie treats
- Nuts
- Hot sauce
- Pudding cups
- **Peanut butter/jelly**
- **Coffee, tea, instant cappuccino and hot chocolate**

Travel Size Toiletries

- Advil, Tylenol, cold/cough drops, sinus meds
- Antacids
- **Baby wipes**
- **Liquid hand sanitizer/cleaner**
- Breath mints/Listerine strips

- **Razors**
- Floss
- Shampoo
- Hair Gel
- **Chapstick**
- Soap and deodorant
- Foot Powder
- **Q-tips**
- Eye drops
- Mouthwash
- Tissues
- **Hand and body lotion**
- **Foot powder**
- Toothpaste and toothbrushes
- Nail clippers/files
- Feminine hygiene products
- Shoe insole cushions
- Disposable hand and feet warmers (Nov - Feb)
- **Pillows**
- Vitamins

Clothing, Entertainment, Misc.

- Men's: t-shirts and underwear, brown or green for the t-shirt if possible. (army surplus stores are great)
- **White Cotton Socks**
- **Black cotton or wool socks**
- **Batteries**
- **Pens and pencils**
- **Electronic gadgets or games**
- **Mini board games such as UNO, checkers, chess**

- Stationary/envelopes
- Playing cards
- **Magazines**
- Crossword puzzles
- **Poker Sets**
- Nerf football
- Day planners/calendars
- Frisbees
- **Portable DVD players**
- **DVDs**
- water guns
- zip lock bags
- **phone cards**
- duct tape
- toys/school supplies for Iraqi children

Items in **BOLD** are MOST needed and requested items.

