



NEEDED ITEMS FOR FREEDOM BOXES – NO PORK ITEMS PLEASE

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| Insect Repellant wipes (or non-aerosol) | Gum-Hard Candy |
| Anti-itch cream | Mac and Cheese (Microwave Cups) |
| Chapsticks | Toothbrushes/toothpaste/floss |
| Individual Size Tissues | Hand and Feet Warmers |
| Hand Santizer (small bottles) | Sunflower seeds |
| Powdered Drink Mix (Individual Size Packets) | Pop Tarts |
| Crossword/Puzzle Books | Fruit Snacks |
| Pouch tuna | Pringles (Individual Size Cans) |
| Black Socks | Q-Tips (small boxes) |
| Jerky (no pork please) | Rice Crispy Treats |
| Shampoo (small size) | Body wash (travel size) |
| Deodorant | Razors |
| Microwave popcorn | Instant oatmeal (packets) |
| Fruit snacks | Crackers (small size packages) |
| Granola Bars | Baby wipes (small packages) |

THANK YOU FOR SUPPORTING OUR TROOPS!!!

For more information on how to support The Blue Star Mothers of America – Capital Region NY2 Chapter in providing for our servicemen and women and veterans, please contact us at email: Capitalregion2bsm@gmail.com or mailing address of PO Box 243, Delmar, New York 12054.