

# Joseph's Gift Donations For Our Troops

<p><b>Food Items: - *Food/Snack Items individual sizes are the best</b></p> <ul style="list-style-type: none"> <li>• BEEF JERKY- (the #1 requested item), all flavors, slim jims</li> <li>• Individual Microwavable foods- Easy Mac, individual soups, stews, etc</li> <li>• Instant Oatmeal or Cream of Wheat packets</li> <li>• Individual packages of hot sauce (Tapatio, Taco Bell sauce, soy sauce-you can find these in bulk on Amazon)</li> </ul>	
<p><b>Drink Items- smaller containers please</b></p> <ul style="list-style-type: none"> <li>• Individual packaged water bottle sized powdered drink mixes (Crystal Light, Gatorade, lemonade, etc.)</li> <li>• Individual packaged water bottle sized energy drink mixes (you can find energy drink mixes on Amazon)</li> <li>• Good Ground Coffee- ground or pods. Or individual packets.</li> <li>• Creamer and sweetener and sugar packets</li> <li>• Hot Chocolate/Hot Cider Packets</li> </ul>	
<p><b>Snack Items:</b></p> <ul style="list-style-type: none"> <li>• Breakfast Bars, Granola Bars, Protein Bars</li> <li>• Individual Chips- (in cardboard containers only)- Pringles, Fritos, Doritos</li> <li>• Nuts – pistachios, peanuts, cashews, sunflower seeds, corn nuts</li> </ul>	<ul style="list-style-type: none"> <li>• GUM, Breath Mints</li> <li>• Fruit Snacks</li> <li>• Rice Krispie Treats</li> <li>• Cookies- oreos, oatmeal (not chocolate due to weather)</li> <li>• Trail Mix, dried fruits</li> </ul>
<p><b>Hygiene Items/Clothing: (no large containers please)</b></p> <ul style="list-style-type: none"> <li>• Disposable razors</li> <li>• Shaving cream/gel (non aerosol)</li> <li>• Body wash (smaller size) <b>NO BARS OF SOAP</b></li> <li>• Shampoo (smaller size)</li> <li>• Deodorant (<b>no aerosol</b>)</li> <li>• Q-Tips</li> <li>• Foot powder and cream</li> <li>• Baby Wipes</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Hand and Feet Warmers in Winter</b></li> <li>• Tissues- individual packets</li> <li>• Socks, black- med/large sizes</li> <li>• Chapstick/lip balm</li> </ul> <p><b>Women's Items:</b></p> <ul style="list-style-type: none"> <li>• Feminine hygiene items- tampons, Pads (with wings preferred)</li> <li>• Shampoos, conditioners, deodorants, lotions</li> <li>• Hair ties, bobby pins, barrettes</li> <li>• Heat packs- ie ThermaCare</li> <li>• Sports bras, panties</li> </ul>
<p><b>Recreation-</b></p> <ul style="list-style-type: none"> <li>• Puzzle &amp; word game books</li> <li>• Hand held or board games (small size)</li> <li>• Batteries AA, AAA in original packaging-including Lithium 123 size for flashlights</li> <li>• Squishy Balls, Velcro Darts, Nerf footballs, (Any small sport type)</li> <li>• Recent magazines- especially sports, health, women's, car, hobby, entertainment</li> <li>• DVDs (TV series, comedy movies, action/adventure === NO VHS tapes please)</li> <li>• CDs- Rock, Country, R&amp;B, Rap, Alternative, variety</li> </ul>	

**\*No Home-Baked Goods**

**\*No Perishable Foods**

**\*No Pork Products**

**DONATIONS CAN BE DROPPED OFF AT:**

**Postal Solutions  
4733 Torrance Blvd, Box 2007  
Torrance, CA**

**For questions: Dawn Anzack – 213-926-1896 (cell)**