



BLUE STAR **MOTHERS** OF **AMERICA, INC.**

GREENVILLE UPSTATE CHAPTER #4

SOUTH CAROLINA

Food - Please Select Individually Wrapped Food Items

- Beef Jerky/Slim Jims
- Gum
- Granola Bars/Oatmeal packets/small cereal boxes or packs
- Hot Chocolate mix
- Instant coffee packs (Starbucks, Dunkin' Donuts & Folgers)
- Protein Powder/Bars
- Trail Mix/canned Nuts
- Tuna/Chicken (in foil pouches, ready-to-eat)

Personal Care — Unscented items

- Non-aerosol shaving cream & Razors • Toothbrushes & Toothpaste
 - Chap Stick/Lip balm/Carmex/Blistex
 - Qtips
 - Deodorant
 - Baby Wipes (small packs: 60-80 count)
 - Body Powder — Gold Bond/Comstarch — no baby powder
 - Gold Bond or Tinactin Foot Powder
 - Boot insole cushions or Gel-cushion insoles
 - Hand & Foot Warmers
 - Multi-vitamins
 - OTC meds: Tylenol/Advil/cough drops
 - Tampons/mini pads
 - "Pod" washing detergent (such as Tide Pods)
 - * *Eye Drops
 - * *Hand Sanitizer (water-less)
 - * *Liquid Soap (small bottles)
 - * *Mouthwash (small bottles)
- *Please help us by taping the lids with packaging tape for these items to prevent spills

Clothing

- Blankets
- Boxer briefs
- T-shirts (Tan or Brown)
- Thick boot socks "Black or Brown Only" Cabella's, Fox River, Thorlo • Low-cut athletic socks for working out & running

Entertainment

- Games: Cards/UNO/Checkers/Dominoes
- Games books: Crossword and/or other word puzzles

Miscellaneous

- Batteries (AAA, AA, C, & D)
- Sharpie markers
- Space Heaters
- USB cables