



KERN RIVER BLUE STAR MOMS

CARE PACKAGE ITEMS For Our Troops - ITEMS FOR TROOPS *(based on actual troop suggestions)*

Food Items* (individual sizes are best):

- BEEF JERKY- (the #1 requested item), pepper jerky, slim jims
- Tuna or Chicken Creations / Lunch Kits with condiments
- Individual Microwavable foods- Easy Mac, canned soups, stews, etc
- Instant Oatmeal or Cream of Wheat packets

Drink Items (smaller containers please):

- Tea- herbal/flavored (in individually wapped)
- Good Ground Coffee
- Creamer and sweetener and sugar packets
- Pre-sweetened powdered drink mixes (Crystal Light, Gatorade, lemonade, etc.)
- Hot Chocolate/Hot Cider Packets

Snack Items* (individual sizes are best):

- Breakfast Bars, Granola Bars, Protein Bars
- Microwavable Popcorn/Chex Mix
- Chips- (in cardboard containers only)- Pringles, Fritos, Doritos
- Crackers plain w/cheese
- Nuts – pistachios, peanuts, cashews, sunflower seeds, corn nuts
- Trail Mix
- Salsa (no glass containers)
- Dried Fruit

Candy/Sweet Items:

- Candy- gummy bears, jelly beans, red vines, twizzlers
- GUM, Breath Mints
- Fruit Snacks/Fruit Rollups
- Rice Krispie Treats
- Pop Tarts
- Cookies- chocolate chip, Oreos, oatmeal, Girl Scout Cookies

Hygiene/Clothing Items:

- Good razors & shaving cream (non aerosol)
- Body wash (smaller size) NO BARS OF SOAP PLEASE
- Shampoo, Conditioner, Lotion (smaller size)
- Deodorant (no aerosol)
- Toothpaste/toothbrushes/dental floss
- Baby Wipes
- Hand Sanitizer
- Lip Balm
- Foot/Baby Powder
- Pocket Tissues
- Q-tips
- Good quality boot socks (COTTON) for women and men – black, green
- Boxer Type underwear - all sizes
- Tee Shirts- all sizes
- Sports bras/panties
- Sunscreen

Recreation:

- Puzzle & word game books
- Hand held or board games (small size)
- Disposable Cameras
- Batteries all sizes in original packaging-including Lithium 123 size for flashlights
- Squishy Balls, Velcro Darts, Nerf footballs, (Any small sport type)
- Silly Putty
- Yo-yos
- Recent magazines- especially sports, car, health, women's (not older than 3 months!)
- DVDs (TV series, comedy movies, NO VHS tapes please)
- CDs- Rock, Country, R&B, Rap, Alternative

Miscellaneous:

- Small plastic bowls to heat microwavable items
- Zip Lock Baggies (snack and sandwich sizes)

**No Home-Baked Goods*

**No Perishable Foods*

**No Pork Products*

CARDS AND LETTERS ARE ALWAYS WELCOMED!

Contact us at (661) 279-0101 or kernriverbluestarmoms@gmail.com for donations.