

### **Blue Star Mothers, Miami Valley Chapter #3**

Most needed items for the Troops

**Please check expiration dates, we do not send expired items.**

Beef jerky	Men's body wash/shampoo-all in one
Slim jims	Toothpaste (in boxes)-all sizes
Protein or granola bars	Dental floss-individual
Trail mix- individual bags	Chapstick
Nuts- individual bags	Puzzle books
Popcorn-microwave only	Wet wipes -small and medium packs
Peanut butter to go cups	Tissues – small packs
Soup-microwave only	Toothbrushes
Cookies- individual packs, no bags	Lotion-no pumps
Rice Krispy Treats	Shower scrubbies
Gum	Deodorant(solid)-men's and women's
Nail clippers	Playing cards
Foot powder	
Tuna or chicken in foil packs -no cans	
Mac & Cheese -microwave, only	
Oatmeal (packs, only)	
Pop Tarts	
Tic tacs	
Life savers	
Drink Mixes-individual servings	
Combos-small packs	
Canned fruit (small with pop tops)-no plastic	

**NOTE: We cannot send any religious or political materials. We no longer take magazines, beanie babies, CDs, cell phones or phone cards.**

5/2021