



Operation Military Embrace, Inc. Care Package Wish List

P.O. Box 149

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Contact: Bob at 832-515-0333 or Susie at 713-205-6398

www.OperationMilitaryEmbrace.com

All donated items will be provided to our troops deployed in harm's way. Following is a list of items they frequently request and/or need:

On behalf of OME and our brave deployed troops, thank you!! We appreciate and value the support of every American.

FOOD ITEMS:

- **Coffee** (1 pound bags ground or bean/Starbucks VIA/Keurig individuals)
- **EmergenC Drink Mix** (sold in boxes of individual packets at Health Food Section of Wal Mart/Kroger): **this brand only please!**
- Meat Pouches (tuna, salmon, chicken, turkey) or in cans
- Beef Jerky (Epic, Krave brands)
- Granola Bars/Clif Bars/Individual packs of Cookies
- Peanut Butter (Smaller sizes preferred—easy to pack)
- Nutella or Cheese snacks (cracker& nut/cheese spread combos)
- **Pocket Size Snacks** (nuts, fruit strips, trail mix, crackers, etc.)
- Hot Chocolate (individual packets preferred)
- Honey (small, plastic individual containers)
- Dried fruit (bananas, cranberries, raisins, etc.)
- Oatmeal (Instant or Regular)
- Protein Powder Shake Mix (Vanilla or Chocolate)
- **Klein Brothers** Snack Foods (available at Kroger or Alspaugh's ACE Hardware stores in the Woodlands or Kingwood)
- **Nature's Path Toaster Pastries** (this brand only!)—available at most Krogers, Whole Foods, Sprouts stores.

NON-FOOD ITEMS

- **Batteries** (especially AA & AAA)
- Office Supplies (pens, pencils, Post-Its, note pads, etc.)
- **Baby Wipes** (preferred size of **80 or less**/pkg.)
- Personal Care Items (toothpaste, **non-aerosol** deodorant, shampoo, body wash, **non-aerosol** shave cream, dental floss, etc.—sizes 24 oz. or smaller **but NOT travel or motel size**)
- OTC Meds (sleep aids, anti-diarrhea, sinus, Motrin, Advil, etc.)
- Q-tips
- Foot powder or foot cream
- Hand Warmers (winter months)
- Zip Loc bags (quart and gallon sizes)
- Cross Word/Sudoku puzzle books
- Hand Sanitizers (2 oz. – 6 oz. size)
- **For Female Troops:** Women's Fitness Magazines, disposable razors, female hygiene, moisture shampoo, scented body lotion, dark-colored hair ties, sun block, nail polish (small sizes) & remover (individual packets), motion sickness tablets, throat lozenges, shower shoes, Bobby pins, hair brushes, Clorox wipes for cleaning
- **Donations** by check: payable to "Operation Military Embrace" or "OME" and send to the address above, or by credit card via our website above.

OPERATION MILITARY
EMBRACE