Who’s more thoughtful than a nurse?! Support the troops: Care Package Drive! September 9th-12th, 2012

Start off the semester by honoring the men and women who are serving in the military overseas. Please join us in this community service project and pay tribute to our Campus’ military heritage! We need your help to make this a success! There are many ways YOU can help!

**Gift of Love:** donate needed items to help us send thoughtful care packages overseas to brighten the day for our men and women do so much for us. Bring items to your front-loading lectures and your Student Council class representative will collect the goods! If it’s more convenient to do so, email Michele.beard@ucdenver.edu to arrange your donation drop-off.

**Gift of Time:** Help prepare boxes by sorting, packing, and shipping. Visit the link below to sign up for volunteer positions!

http://www.signupgenius.com/go/from3

**Gift of Money:** We need help to cover the expense of postage. Each package costs $13.45 to ship, visit below to donate!

www.lowry.org/support-the-troops-drive

Get involved! Connect! Grow!
Care Package Items

**Miscellaneous travel-sized items:** Hand/Baby Wipes, Lotion for body or hands, Foot Powder, Toothpaste, Toothbrush, Dental Floss, Deodorant, Bath Soap, Nasal Spray, Eye Drops, Baby Powder, Anti-Bacterial Wipes, Disposable Razors, Purell Laundry Sheets, Shower Gel, Feminine Products, Toilet Paper, Sunblock Wipes (no aerosol cans), Bug Repellent Wipes (no aerosol cans), Chapstick, Visine Eye Drops, Cough Drops, Shampoo, Conditioner

**Microwavable foods:** Instant Soups in pouches, Mac & Cheese, either boxes or single servings, Soups (pop-top cans are best)

**Fun items:** Playing Cards, Disposable Cameras, DVD's, Electronic/Battery Hand-held Games, Puzzle Books/Word Find Books, Paperback books, Batteries: AA, C, D, 9-Volt, Magazines (all kinds, current issues & good condition)

**Snack Foods:** Wrapped hard candy, Twizzlers licorice, Energy Bars/Granola Bars/Cereal Bars, Peanut butter, M & M type chocolate (nothing that can melt), Popcorn, Dried fruit and nuts, Beef Jerky, Trail Mix, Gum, Pudding Cups, Cookies, Energy Bars/Granola Bars/Cereal Bars, Peanut Butter, M & M type Chocolate, Popcorn, Dried Fruit and Nuts, Beef Jerky, Trail Mix, Gum, Pudding Cups, Cookies, Otter pops

**Just add water items**-Ramen Noodles, Instant Oatmeal, Dried Soups, Desserts, Cookies/Crackers (snack size), Ground coffee, K-cups

**Other Food Items:** Chicken and Chicken Salad in pouches, Tuna and Tuna Salad in pouches or pop top cans, Canned Fruit, Condiments in packets (ketchup, mustard, mayo, relish, hot sauce, salt & pepper), Gallon and Quart-sized Ziplock Bags

**Single Powdered Drink Mixes:** Crystal Light, Gatorade, Coffee (singles), Sugar Kool-Aid, Propel, Tea Bags, Creamer

**Cards and Letters:** Stationery/Envelopes, Pens, Greeting Cards to send home, Cards and Letters filled in to say “Thanks for all you are doing.”