



American Legion Auxiliary San Anselmo Unit 179



Proudly Supporting Those Who Serve

We are sending Care Packages to U.S. Military personnel serving around the world. This is one of the most direct and immediate ways in which we can show our support for the young men and women who are risking their lives in service to their country. If you would like to help, we are collecting the following items:

Food Items

tuna in foil packets
instant soup
coffee
snack crackers
hot cider mix
cup o' noodles
instant oatmeal
granola and protein bars
trail mix
dried fruit
hard candy (no chocolate)
healthy snacks
beef/turkey jerky (no pork)
single serve drink mix
small boxes of tea bags
instant hot cocoa
small packs of cookies
individual cereal boxes
small packages of nuts
gum
Easy Mac 'n Cheese
(individual servings)

Toiletries

body lotion
foot/body powder
deodorant (non-aerosol)
Tylenol/Advil (small)
baby wipes (unscented)
eyeglass wipes
dental floss
toothpaste
toothbrushes
disposable razors
shampoo
body wash
sunscreen
hand sanitizer
Q-tips
eye drops
tampons/sanitary napkins
shaving cream (non-aerosol)
cough drops
lip balm
Midol

Miscellaneous Items

movie DVD's
travel size games
crossword puzzle books
playing cards
Sudoku puzzle books
comic books
warm socks (black or white)
non-aerosol bug spray
nail care (clippers/files)
Febreze fabric spray
AA batteries
Magazines (for men and women)
hand warmers
cushioned insoles
hair accessories

Small, individual packages are better than large, bulk quantities.

The most requested item is cards and letters from home! You can make a huge difference to a far-away soldier by taking just 5 minutes from your busy day to sit down and write a short note or funny card saying "Thank you for your service".

If you have items to donate, please email ALASanAnselmo179@yahoo.com and we can arrange to pick them up or call us at (415) 492-1006. **We're also grateful for any cash donations to underwrite the cost of shipping these care packages.** (As a 501(c)(19) organization, all donations are tax deductible.)

Thank you for your support!