

**AMERICAN THE LAND OF THE FREE BECAUSE OF THE BRAVE**

**PACKING FOR 245 MALES 3 FEMALES**

**Molly’s Adopt A Sailor**, a non-profit organization dedicated to ensuring our fighting men and women of all military branches deployed are not forgotten. We will be packing on Nov 2nd at the Port 5 in Bridgeport for and are asking for your support. Donated items will be needed no later then October 28. For further information, please **contact Donna at 203-521-6935 or email me at donnabreunig@yahoo.com. Thank you for your support.**

**HOLIDAY ITEMS: CANDY CANES, TREATS, SMALL DECORATIONS!!!**

**DRINKS:** GROUND COFFEE: MAXWELL HOUSE AND STARBUCKS (MOST REQUESTED BRANDS)

FLAVORED DRINK MIXES TO ADD TO WATER, HOT COCOA PACKETS, TEA, **NO JUICE BOXES**

**FOOD:** BEEF JERKY, CANNED ITEMS: TUNA, CHICKEN, SOUP, OATMEAL, DRIED FRUITS,

CEREAL BARS, PROTEIN BARS, ENERGY BARS, CRACKERS, DIPS, CHIPS, PRETZELS, EASY MAC & CHEESE,

MICROWAVE SINGLE MEALS, HAMBURGER HELP,

\*\*\*Snacks are best in small individual sizes\*\*

**Health and Hygiene:** PAIN RELIEVER, COUGH DROPS, LOTION, FOOT POWDER,

SHAVING CREAM, RAZORS, BODY WASH, SHAMPOO, CONDITIONER, DEODORANT,

TOOTH BRUSHES, TOOTH PASTE, LIP BALM ,

**MISCELLANEOUS:** CURRENT MAGAZINES, (ENTERTAINMENT, SPORTS, HEALTH,)

BOOK LIGHTS, HAND HELD GAMES, DOMINOES, YAHTZEE, CROSSWORD PUZZLES , STRESS BALL,

BLANK NOTE CARDS, PENS, PENCILS, , CARD GAMES, PUZZLES, DVD Movies (Non Violent),

Batteries (AAA) , Water Bottle, Coffee Cups with lids

**www.Mollysadoptasailor .com Molly’s Adopt a Sailor is a 501C3 Organization**