



Ocean County NJ Based Support Our Troops Project

For Service Men & Women in all military branches deployed in Afghanistan, Iraq, ships at sea, and other dangerous locations around the world.

Most requested items for men & women

Due to mailing restrictions, all items sent must be non-aerosol and non-flammable.

Shampoo/Conditioner (small sizes preferred)	Small Size Powder Drink Mixes (to add to water bottles)
Sun Screen/Body Lotion (small sizes preferred)	Microwaveable Foods/Soups
Hand Soap (bars & liquid)	Popcorn/Nuts, & Sunflower Seeds
Shaving Cream & Razors	Granola/Protein Bars
Toothbrushes (toothpaste not needed)	Gum/Breath Mints
Hand Wipes	Hard Candy/Snack Food
Bug Spray	Energy Bars/Slim Jims/Beef Jerky
Chap Stick	Cereal (small sizes preferred)
Cotton Swabs	Spices, hot Sauce (to liven up bland food)
Tissues (small packets preferred)	Coffee Packets/Tea Bags
Over the counter Medical supplies (aspirin, cough medicine, vitamins, band-aids)	Greeting Cards (all occasions)
Eye Drops	Reading material (book & magazines)
Mouthwash (small)	DVD Movies & books on tape
Socks (white or black)	Pens, Pencils, & Writing Paper
T-Shirts & Sweat Shirts (with or without logos)	Various School Supplies
Toys (for children in hospitals, orphanages, & refugee camps)	Laundry Soap (pods)
	Drier Sheets

There are collection boxes in most retirement community clubhouses. There are also boxes for old cell phones, which are recycled and exchanged for phone cards which are included in the troop mailings.

**Tax deductible donations to help pay for shipping may be sent to
VFW Post 9503, 383 Veterans Blvd., Bayville, NJ 08721
Make check payable to "VFW Post 9503, Troop Mailing Fund"
For more information, contact Lloyd Mullikin, 732/269-1397, or Email:**