



## CARE PACKAGE PROGRAM

The Care Package Program is a wonderful opportunity for Chapters or individual members to send a special box of “love” to any deployed member of the military ~ Army, Navy, Marine or Coast Guard.

The following are a list of ideas to assist you:

- Obtain large Flat Rate boxes, shipping labels, custom forms and shipping tape from the US Postal Service ~ all are provided free of charge. Also, “Military Mailing Kits” can be ordered by calling (800) 610-8734 and requesting CAREKIT04. All packages sent to a military address must have a custom form.
- Locate the address of a deployed soldier. Ask family, friends and neighbors or use the web site [www.anysoldier.com](http://www.anysoldier.com) to find the name and address of a currently deployed service member. You MUST have a specific soldier’s name and full military address as the Department of Defense does not accept mail addressed to “Any Soldier”.
- Solicit goods or cash donations (to purchase items or defray the cost of shipping) from friends, family, community businesses, other service organizations or church groups. Purchase items as a Chapter philanthropic project or donate goods individually.
- Fill boxes completely so items are less likely to crumble or break.
- Current Flat Rate Postage is \$ 11.50 per box.

Please remember that the service men and women appreciate *everything* you send in their Care Package. If this is a Chapter project, have a Care Package Work Party and have FUN while you share ESA love with those who sacrifice daily for our freedom. Then, please contact your State Hope for Heroes Chairman or State President (if no chairman) and report your activity and the number of boxes sent. You may receive a “thank you” from the recipient. If so, share your good works by submitting an article in your local newspaper or your State Newsletter. Let others know about the many opportunities available to make a positive difference through Epsilon Sigma Alpha International.

## **Care Packages**

### **LIST OF SUGGESTED ITEMS**

- Snacks** (individually wrapped) Granola bars, instant soup, instant oatmeal, mac and cheese, microwave popcorn, Beef Jerky, M&M's, Jolly Ranchers, Lifesavers, nuts, trail mix, sunflower seeds, fruit snacks, snack crackers, pudding or Jello cups, tea bags, gum and lolly pops.
- Homemade cookies, brownies or candy.** (The recipient must know the sender to accept items not commercially wrapped)
- Toiletries** Q-Tips, cotton balls, comb and brush, dental floss, toothpaste, toothbrush, facial tissue, chap stick, moist wraps, foot powder, eye drops, stick deodorant, bar soap, shampoo and crème rinse, hand lotion, petroleum jelly, topical antiseptic (Neosporin type) individually wrapped Tylenol or Advil packets, sun block and disposable razors.
- Magazines and paperback books** crossword puzzle books, blank note cards, greeting cards, and stationary.
- Miscellaneous** Zip Loc bags (freezer size for storing items), socks, (use at both ends of box to secure items) batteries, playing cards, travel games, disposable cameras and phone cards.
- Include a personal note** Let the soldiers know you are thinking of them, truly appreciated and in your prayers.
- Please do not send** pressurized items (shaving crème, aerosol deodorant or hair products, liquor, glass containers and POSTAGE STAMPS. (Deployed service members do not pay for postage.)