

Support Our Service Members, Veterans, and Their Families!

Saturday, October 22, 2011

Time: 10:00am - 1:00 pm

Location: Lake Braddock Secondary School



All Volunteers must pre-register -
<http://www.americasadoptasoldier.org/>

Adopt a Soldier® gathers and packs donated items as care packages that are then sent to service members overseas. The goals are to ensure every deployed service member receive a care package, through regional and local partnerships. Below is a list of items that we are collecting at Frost to Support America's Adopt a Soldier. Please bring donated items to the cafeteria from Tuesday, October 11 – Friday, October 21, 2011. You can also take donated items to Lake Braddock Secondary School on packing day. Don't forget to pre-register.

Person Care Items	Food Items	Other Items
Chapstick, Blistex Shampoo/Conditioner (travel size) Deodorant – Men & Women Toothpaste (travel size), Toothbrushes, Dental Floss, Mouthwash (travel size) Soap, Body Wash, Hand Sanitizer Foot Powder, Tube Socks (cotton) Lotion (small size) Feminine Hygiene Products Shaving Cream Travel Size Tissues Baby Wipes, Baby Powder, Q-Tips Gel Insoles	Small bags or individually wrapped snacks Hard Candy, Mints, Gum, Blow Pops Individual servings of powdered drinks for water bottles such as Lemonade, Gatorade, Kool-Aid, Tang, Crystal Light Individual coffee, Tea Bags Pop Tarts, Nutrigrain, Granola, Cereal Bars Cups & small flip top canned fruit, applesauce, pudding M&Ms, candy bars	Crossword Puzzles Playing Cards Stationery & envelopes Pens/Pencils Disposable Cameras Assorted Greeting Cards for Soldiers to send to family & Friends Journals AT&T Global Prepaid Phone Cards Batteries DVDs, CDs Small board games Flystrips Small battery operated fan