



# BLUE STAR MOTHERS

OF

# HENDERSON

&

# BOULDER CITY

Chapter NV4

## SUGGESTED DONATIONS

### FOOD ITEMS

- Can Fruit with flip tops
- Tuna in foil packages
- Power Bars
- Dried fruit and nuts
- Beef Jerky
- Cookies & Crackers
- Coffee, Tea, Hot Chocolate
- Flavored Creamers & Sugar
- Powered Energy drink mix
- Powder Flavored drink mix
- Hard Candy, Throat Lozenges
- Top Roman soup cup (just add water)
- Vitamins

### OTHER NEEDS

- Socks (Fruit of the loom or Hanes)
- Razors
- Zip lock bags
- Paperback books
- All music Cd's
- All Movies & TV Shows DVD
- All Magazines NO X RATED
- Travel Games
- Puzzle books
- Batteries AA & AAA

### Health Needs

- Shampoo & Conditioner in one travel size
- Sun block, Chapstick with sun block
- Visine eyes Drops
- Non-aspirin pain relief
- Athlete's feet spray or powder
- All first aid supplies
- Unscented Baby wipes
- Tylenol
- Pepto Bismol tablets

