

Queen of the Valley Medical Center presents:

# OPERATION: With LOVE from HOME



## Care Packages for the Troops

Queen of the Valley Medical Center is providing some cheer for the brave troops who are far from home, and we need your help!

We'd like to thank our soldiers by sending them as many care packages as possible. Please join us in gathering donations of food, clothing, personal items and handwritten letters of support to ship to overseas troops in time for the holidays. For more information please call 707-256-0115.

Please support this worthy cause.

Queen of the Valley  
Medical Center   
ST. JOSEPH  
HEALTH SYSTEM

A Ministry of the  
Sisters of St. Joseph  
of Orange

[www.thequeen.org](http://www.thequeen.org)

For more information, drop off locations or a complete list of requested items visit: [www.thequeen.org/love](http://www.thequeen.org/love)

QV-910-203A

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them as many care pack-  
ages as possible.

Please submit the APO  
address of soldier(s) you  
know are overseas so that  
a package can be  
sent to them.

## Care Packages for the Troops

*Whenever possible,  
items should be in  
small, travel-size and/or  
re-sealable containers.*

## REQUESTED ITEMS

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should be in small, travel-size  
and/or re-sealable containers.*

### MOST REQUESTED ITEMS

- Letters of support
- Healthy snacks and non-perishable food:
  - Tuna lunch kits (foil pouch of tuna, crackers & condiments)
  - Beef jerky
  - Canned fruit (individual serving cans)
  - Dried fruit (single serving packages)
  - Nuts (esp. sunflower seeds)
- Pre-sweetened flavored beverage mixes (teas, Crystal Light, Gatorade)

• Postage

### FOOD & SNACK ITEMS

Note: Non-perishable foods only.  
Single serving sizes preferred. No glass jars.  
No pork or pork by-products at all!

- Hard candies
- Gum (blister pack), lifesavers, mints
- Trail mix
- Power bars, protein bars, nutritional bars
- Beef jerky, beef summer sausage (non-perishable, labeled USDA Beef)
- Snacks, crackers, chips (single serving)
- Pop Tarts, cereal bars, "milk & cereal" bars, granola bars
- Ravioli & other canned ready-to-eat meals (canned or Styrofoam single serving)
- Canned sardines, smoked oysters
- Torengos nacho-style chips & canned nacho cheese dip
- Jalapeno Velveeta & crackers
- Taco Bell Sauce packets
- Seasoning salts, flavoring salts

### BEVERAGE ITEMS

- Coffee, coffee mixes, tea
- Hot cocoa
- Lemonade, Kool-Aid, Tang, Iced Tea mixes
- Sugar & creamer packets for coffee

### RECREATIONAL ITEMS

- Hacky sacks, tennis balls
- Deck of cards
- Hand-held games
- Gameboy Advance games
- Movie DVDs (new or used, original only)
- Music CDs \*new or used, original copy only
- Portable DVD players
- Portable CD players
- Coloring books and colored pencils

### CLOTHING ITEMS

- Boot socks
- Boot liners / insoles

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- Odor eaters for boots
- Underwear & T-shirts (male and female)

### COMMUNICATION ITEMS

- Envelopes, paper, pens
- Small pads of paper
- Notebooks (pocket size)
- Drawing pads (small)
- Small, blank journals

### PERSONAL SUPPLY & CARE ITEMS

- Disposable, instant hand warmers
- Batteries (AA, AAA)
- Tactical Duct tape: military green, tan or black (very necessary!)
- Electrical tape
- 72" bootlaces (brown or tan)
- Leatherman All-in-One Tool
- Ziploc bags (sandwich, quart and 1 gal)
- Small travel pillow or inflatable pillows
- Lotrimin AF or Tinactin for athletes foot (tubes or bottle of drops, no aerosol spray)
- Medicated foot powder, foot swabs
- Moleskin
- Lip balm (Chapsticks, not tub style)
- Eye drops (to relieve dry eye not red eye)
- Sunblock
- Throat Lozenges
- Aspirin, Motrin, Tylenol, Pain relievers (small containers)
- Saline Spray / drops for sensitive nasal passages
- Q-tips
- Eyeglass wipes
- Baby wipes (alcohol free)
- Liquid body wash (no pump dispensers)
- Liquid hand sanitizers (no pumps)
- Disposable hand sanitizing wipes
- Toothbrushes
- Nail clippers
- Shampoo (travel size)
- Deodorant (travel size)
- Toothpaste "bottles"
- Brush-Ups
- Lotion (no pumps)
- Disposable razors
- Kleenex travel size packets
- Hair ties and feminine hygiene products (for female troops)