

# NATIONAL DAY OF SERVICE

## Transition Options in Postsecondary Settings (TOPS)

Hosts:

### **Honoring Heroes: Troops Overseas**

**Friday, January 18<sup>th</sup>, 2013 from 11 AM- 5 PM**

Bring the items to

**The Ohio Union Great Hall!**

1739 N. High Street Columbus, OH 43210

**Donations accepted from January 14-17 7:30 AM-4:30 PM as well!**

The Nisonger Center

1581 Dodd Drive Room 257 Columbus, OH 43210

614-685-3185

Sign up to volunteer at <http://action.2013pic.org/page/event/detail/wfl>. You will need to make your own username and password. Shift 1: 11 AM- 2 PM Shift 2: 2 PM-5 PM

### **Items Most Requested by Our Troops: (Travel-size and single- serving size work best)**

- Single-serving size snacks and non-perishable food items, particularly tuna/chicken kits, beef jerky, canned fruit (small containers with pop-top lid), dried fruit, nuts and Protein Powders/Protein Bars
- Pre-sweetened flavored beverage mixes (Individual sizes please)
- Baby Wipes- Individual packets and large soft packs (please include Ziploc bags)
- Snack Size, Sandwich, Quart or Gallon Size plastic Ziploc freezer bags (to keep things clean and dry)
- Insect Repellent (sprays, lotions, wipes – NO aerosols or DEET)
- Liquid body wash (no pump dispensers please)
- Undershirts (olive green, tan, white- short sleeve) and socks—boot cut (preferably black, brown, green, and tan)
- AA and AAA Batteries

## Some other food suggestions:

- Canned -Bean dips, salsas, cheese dips (non-refrigerated)
- Ravioli and other canned ready-to-eat meals (single serving) with pop-top
- Flavored & Regular Instant Oatmeal or Instant Grits in packets
- Trail mix or Nuts (mixed, almonds, peanuts, sunflower seeds in shell, pistachios in the shell)
- Protein Bars & Power Bars, Granola Bars/Cereal Bars - All flavors

## Personal Hygiene Items:

- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Throat lozenges, Vitamin C tablets, Cough drops
- Blistex, ChapStick (in stick-tubes rather than tubs, not tinted)
- Aspirin, Motrin, Tylenol, Midol, pain relievers (small containers)
- Toothpaste (hard-side tubes vs. larger traditional tubes- small travel size also works)
- Toothbrushes and Oral B Brush-Ups - VERY POPULAR
- Mouthwash (travel size)
- Q-Tips or cotton balls
- Band-aids, Gauze Pads, First Aid Kits / Ace bandages, Icy Hot or Bengay cream
- Men's and women's deodorant - UNSCENTED
- Shampoo /Conditioner (travel size)
- Hair Gel (for female troops to pull hair back)
- Combs / Brushes / Bobby Pins (in original packaging, please)
- Kleenex (travel-size packets only)

## Personal "Touch" Items

- **CARDS & LETTERS:** The troops love to hear from all of us and Mail brightens their days! These are the **MOST IMPORTANT** items we can send the troops & we can never have too many, so please keep writing! Consider making a patriotic banner or poster to send inside your care package(s)!
- The Sunday Funny Papers, Sports pages, Local news and pictures
- Small stuffed animals (beanie babies) –many soldiers give these to village children
- Patriotic knick-knacks, USA flags, flags from your state, bandanas, baseball hats, football jerseys, banners to tack on their walls or tents