



# **BLUE STAR MOTHERS OF AMERICA, INC.**

## **GREENVILLE UPSTATE CHAPTER #4**

### **SOUTH CAROLINA**

## **Food**

Please Select Individually Wrapped Food Items

- Beef Jerky/Slim Jims
- Gum
- Granola Bars
- Instant Grits; Oatmeal packets/small cereal boxes or packs
- Gummy Bears
- Hot Chocolate mix
- Instant coffee packs (Starbucks, Dunkin' Donuts & Folgers)
- Protein Powder/Bars
- Trail Mix/canned or small individual packets of Nuts/ Sunflower see packets
- Tuna/Chicken (in foil pouches, ready-to-eat)

## **Personal Care – Unscented items**

- Non-aerosol shaving cream & Razors
- Toothbrushes & Toothpaste
- Chap Stick/Lip balm/Carmex/Blistex
- Qtips
- Deodorant
- Baby Wipes (small packs: 60-80 count)
- Body Powder – Gold Bond/Cornstarch – no baby powder
- Gold Bond or Tinactin Foot Powder
- Boot insole cushions or Gel-cushion insoles
- Hand & Foot Warmers
- Multi-vitamins
- OTC meds: Tylenol/Advil/cough drops
- Tampons/mini pads
- “Pod” washing detergent (such as Tide Pods); Even better small laundromat size boxes of powdered detergent
- \*\*Eye Drops
- \*\*Hand Sanitizer (water-less)

- \*\*Liquid Soap (small bottles)
- \*\*Mouthwash (small bottles)

\*\*Please help us by taping the lids with packaging tape for these items to prevent spills

## Clothing

- Blankets
- Boxer briefs
- T-shirts (Tan or Brown)
- Thick boot socks “Black or Brown Only” Cabella’s, Fox River, Thorlo
- Low-cut athletic socks for working out & running

## Entertainment

- Small Games: Cards/UNO/Checkers/Dominoes
- Games books: Crossword and/or other word puzzles

## Miscellaneous

- Batteries (AA, AAA)
- Sharpie markers
- Space Heaters
- USB cables

**Blue Star Mothers of America, Inc.**  
[www.greenvilleupstatebsm.com](http://www.greenvilleupstatebsm.com)

<p><b>Kay Fitzsimmons</b>  Chapter President</p> <p>Greenville Upstate Blue Star Mothers  PO Box 122  Mauldin, SC 29662</p> <p>sc4bluestarmothers@gmail.com  864-325-3613</p>	
---	---