



# **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/Oatmeal packets/small cereal boxes or packs
- Hot Chocolate mix
- Instant coffee packs (Starbucks, Dunkin' Donuts & Folgers)
- Microwave Popcorn
- Protein Powder/Bars
- Trail Mix/canned Nuts
- Tuna/Chicken (in foil pouches, ready-to-eat)
- Mints
- Gum
- Popcorn flavoring
- MIO (energy mix like Gatorade )
- Crystal lite
- Tea bags
- Ramen noodles
- Pop top canned fruit
- Pop top canned chili
- Sunflower seeds
- Individual hot sauce pkg

## **Personal Care – Unscented items**

- Non-aerosol shaving cream & Razors
- Toothbrushes & Toothpaste
- Chap Stick/Lip balm/Carmex/ Blistex
- Q tips
- Deodorant (unscented)
- 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

- Vicks VaporRub
- Multi-vitamins
- Sunscreen
- OTC meds: Tylenol/Advil/cough drops
- Lotion (tube or travel sz)
- Tampons/mini pads
- “Pod” washing detergent (such as Tide Pods)
- \*\*Eye Drops
- \*\*Hand Sanitizer (water-less)
- \*\*Healing hand lotions (Walmart brand)
- \*\*Liquid Soap
- \*\*Mouthwash (small bottles)

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

## Clothing

- Blankets
- Pillows (reg. sz)
- 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

- Games: Cards/UNO/Checkers/Dominoes
- Games books: Crossword and/or other word puzzles
- Magazines
- Yoyo’s

## Miscellaneous

- Batteries (AAA, AA, C, & D)
- Sharpie markers
- Space Heaters
- USB cables
- Ziplock baggies
- 3M wall hooks
- Lens cleaning cloths

**Unfortunately**, we will not be able to ship canned goods, bars of soap or cartons of milk

Berit DiVito, Chapter President

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