



# Support a Soldier



**Sponsored by: Christian Dental Fellowship**

The following are items often requested by soldiers in Iraq & would be greatly appreciated:

## FOOD ITEMS

Beef Jerky/Slim Jims, Coffee (Ground or whole; instant or drip), Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light), Sunflower Seeds (salted), Tuna in foil pouches (no cans), Protein Powders / Protein Bars / Cliff Bars, Hard Pretzels, Cheetos / Fritos / Chex Mix Wheat Thins, Chewing Gum and Hard Candy (must be individually wrapped), Granola Bars / Power Bars / Cereal Bars, Small Packs of Fig Newtons / Oreos / Cheeze-Its, Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups, Dry soup: Ramen Noodles / Cup-O-Soup (just add water), Nuts: Peanuts / Mixed Nuts (salted), Cheese & Cracker packs, Condiments, Spices, Sugar, Salad Dressing (no glass jars), Oatmeal Packs (just add water), Cereal (Small, individual boxes), Rice Krispie Treats (Store-bought only), etc.

## MISCELLANEOUS ITEMS

Word Puzzles, Cards, Travel Games, Novels, Inspirational Books, New or Used: Books / Magazines / DVDs / CDs, workable CD Players, Batteries, Toiletries: Toothpaste, Toothbrushes, Floss, Mouthwash, Shaving cream, Hand Lotion, Baby wipes, Q-tips, Lip balm/chap stick, Hand sanitizer, Black Cotton Socks, etc.

The items collected will be mailed by CT Church to soldiers (brothers of some of our very own) serving in Iraq. Care packages will be mailed in June (to arrive by July 4<sup>th</sup>).

Our troops need your support and prayers too.

Thank You!

Questions or suggestions?...Contact [Vickie.S.Martinez@uth.tmc.edu](mailto:Vickie.S.Martinez@uth.tmc.edu)