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Pack Sturdy Safe Snacks for Troops Overseas

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Many of us know a friend, neighbor or family member deployed overseas in our armed services. Deployments, now stretching into extra months test the resolve of service members. Keeping in touch with mail, calls and packages helps a lot to let them know we appreciate their service.

The care package remains a favorite morale booster among military men and women who serve our country overseas. Careful planning will help ensure your care package arrives safe and sound.

Send foods that are non-perishable, heat-tolerant, and resistant to rough handling. Single serving sizes are appreciated. Moist foods like banana bread might mold. Real chocolate chips in cookies might melt, and delicate cookies might break.

Send dry or semi-dry foods that don't require refrigeration. When moisture is low, microorganisms can't grow. Safe choices are listed in the box to the right.

Place the food gifts in a sturdy box. Add baby wipes or moist towelettes for hand

washing. Seal the box securely with packing tape. Then address to the recipient as required by the military.



Care Packages – Love In a Box

- Thoroughly dried beef jerky and commercially dried fruit with added preservatives.
- Powdered fruit drink mixes and sport drink mixes.
- Commercially-packaged snacks, popcorn, crackers, cookies, ready-to-eat cereals, granola and trail mix.
- Dehydrated soup mixes.
- Vacuum-packaged nuts and individually wrapped hard candies such as toffee.
- Dense and dry baked foods such as biscotti or ginger snaps mail well and shouldn't mold.
- Oatmeal cookies, unfrosted brownies and other bar cookies will arrive in good condition if they aren't super moist.
- Coffee packets, tea bags, hot chocolate.
- Small canned specialties like anchovies, shrimp, dips and crackers. Caution recipients not to use dented or swollen cans. Avoid mailing glass containers.
- Individual-sized condiment packages.
- Sample-size toiletry items such as lotion, hand sanitizer, sunscreen, razors, shave cream, wet wipes, shampoo, lip balm and shower gel.
- Blank greeting cards and stationary.
- Current magazines, paper back books, hand held games.
- Phone cards.
- Batteries to run assorted gadgets.
- Disposable cameras.

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