

The Strauss Chiropractic Center is collecting items and sending them to our deployed soldiers. A suggested list of items follows. It has been noted that baby wipes are appreciated as clean water is often in short supply.

Suggested Snack Food Items: beef jerky, Pringles, canned foods (like chicken, tuna or fruit), cappuccino, cereal, cheese spreads, chex mix, chips, condiments, cookies, crackers, Doritos, dried fruit, fruit pies, gum, hard candy, honey, hot chocolate mix, salsa, coffee, instant foods (like soup and oatmeal), peanut butter and jelly, juice boxes, kool-aid, Tastykakes (no chocolate), microwaveable foods (like popcorn and mac & cheese), nuts, pudding cups, salad dressing, sugar packets and tea.

Suggested Toiletries: Baby oil, baby powder, bath/hand/wash towels, black shoe polish, blankets, body wash/soap, chapstick, clothes pins, contact lens cleaner, cotton balls, dental floss, deodorant, dusting cloths (for removing the sand from everything), eye drops, feminine hygiene products, hair gel, hair spray (non-aerosol), insect repellent, imodium, laundry soap, air freshener, lotion, mirrors, mouthwash, nail clippers, nasal spray, pocket-size first aid kits, q-tips, razors (men's and women's), shampoo, shaving cream in a tube (men's and women's), sunglasses, sunscreen, toilet paper, toothpaste tooth picks and batteries.

Suggested Clothing: hats, bandannas, socks (white for PT and black for everyday), men's t-shirts (brown or green if possible) and underwear (all sizes), and women's sports bras and panties (all sizes). [No logo's]

Suggested Fun Time Materials: balls (soccer balls, baseballs, basketballs, footballs), batteries, board games, playing cards, CDs/CD players, dart boards, disposable cameras, DVDs, hand-held games, mailing envelopes, stationary, frisbees, greeting cards, magazines (recent issues), mini hand held fans, nerf balls, puzzle books, sewing kits and small flash lights for reading at night.

remember, uplifting notes, letters and cards are also greatly appreciated and cost nothing at all.