



The brave men and women of our United States military do so much to preserve and defend the sacred freedoms and liberties of this nation. Risking life and limb for America is a unique and commendable sacrifice which deserves appreciation and respect. We will always be appreciative and grateful for the bravery and fortitude shown by our soldier. Let's show them some support and send them care packages

Military care packages can include the following items:

- *Homemade or store-purchased food*
- *pictures*
- *books*
- *letters*
- *soap*
- *lotion*
- *shampoo*
- *games*
- *puzzles*
- *stationary*
- *socks*
- *t-shirts*
- *clothing*

Items not to include: Pork products. Alcohol, Perfumes with alcohol, Tobacco, Fresh produce, Firearms, Poison, Dry Ice, Marijuana, Gasoline, Nail polish, Aerosols, Ammunition, Lithium batteries, Flammables, Cigarettes, Coffee



The following content are most commonly reported as wanted and/or needed by deployed men and women:

- Toilet paper
- pain medication
- socks
- snacks
- breath mints
- laundry soap
- magazines
- games
- cards
- sunscreens
- sun glasses
- baby wipes
- personal care items
- stationary
- international phone cards
- T-shirts

SHOW YOUR SUPPORT

The Iowa Winnie Hawks would like to invite you to make Military Care Packages with us at the Iowa State Rally.

You can help the troops by bringing needed items to the rally, we will package and decorate the boxes together.

