



CARE PACKAGES FOR OUR SOLDIERS



A Project from the Heart

We are retired police wives and other concerned Connecticut citizens who package and mail **"WE CARE"** boxes to our armed forces in Afghanistan. Over 12,000 packages have been sent since 2001.

Your help would be greatly appreciated in any of the following ways:

♥ Collect supplies for our care boxes within your community, church, school, girl/boy scout troops or office. We would be happy to help you organize this effort.

♥ Assist us with postage by sending a check to:
PROJECT FROM THE HEART- HSC
c/o Shirley Sambrook
314 Shoreham Village Drive
Fairfield, CT 06825

Please note the SIZES specified. Large size and heavier items cannot be accepted since the increase in size and weight significantly increases the cost of postage.

Please NO GLASS items due to breakage concerns.

For more information and/or to add a name and address of a soldier to our recipient list, please contact:

Miriam Zalenski 203.261.8550 biqred722@sbcqlobal.net
Shirley Sambrook 203.259.5903 shirlqirl1106@optonline.net
Shirley Petrino 203.374.8617

THANK YOU!

♥ Elsie Voros, Darlene Bagley, Donna D'Addario, Mary Lou Edwards, Betty Gunter, Shirley Petrino, Pat Richard, Shirley Sambrook, and Miriam Zalenski.

Debra Mahony, Valerie Mocariski, Lisa Potanovich, Rosemary Romano, and Norine Zalenski.

♥ In memory of Pat Vida, Dottie Szudora, Chris Sullivan, Gene Krusinski, and Alex Fucci.



Items Needed

Food:

- Beef Jerky
- Slim Jims
- Sunflower Seeds
- Tuna with Crackers
- Tuna in pouches
- Crackers, boxes of wrapped stacks
- Plastic jar of Peanut Butter, 8 oz. or less
- Plastic jar of Jelly, 22 oz. or less
- Oatmeal, box individual pocks
- Hot Chocolate, box individual pocks
- Cereal, individual small boxes
- Coffee, 12 oz. can or sealed bag
- Protein bar/Energy bars
- Cookies, small boxed
- Gum/Hard Candy
- Drink Mixes
- Canned Vienna Sausages,* 4.6 oz.
- Canned beans or with franks,* 8.3 oz.
- Canned fruit/fruit cocktails,* 8.5 oz.

* Flip top cans please

Hygiene Products:

- Toothbrushes, single or 2-4 pack
- Toothpaste, 6.4 oz. or less
- Dental Floss
- Chap stick
- Disposable razors
- Shaving Cream, 10 oz. or less
- Body Wash, 13.5 oz. or less
- Stick Deodorant
- Hand sanitizer wipes
- Q-Tips, 180 count or less
- Nail clippers
- Bathroom tissue
- Feminine Hygiene maxi pads, 26 or less
- Tampons, 36 count or less
- Hypoallergenic Baby Wipes, non-alcohol, soft pack, 80 count or less

Other:

- Vitamins
- Sunscreen, non-aerosol SPF 30 or 50 (May - August)
- Insect Repellent, non-aerosol (May - August)
- Hand/foot wormers (October - February)
- Writing paper/envelopes/pens
- Laundry detergent - PODs