



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 10,000 packages have been sent since 2002.

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

- ♥ Collect supplies for our care boxes within your community, church, girl/boy scout troops or office.
- ♥ 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
- ♥ Initiate "Care Packages for Soldiers" project in your school, church, or community group. We would be happy to help you organize this effort.

We are a non-profit organization. For reference, please feel free to contact Chief Gary McNamara of the Fairfield Police Department.

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	bigred722@sbcglobal.net
Shirley Sambrook	203 259-5903	shirlgirl1106@optonline.net
Shirley Petrino	203 374-8617	

THANK YOU!

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

Michelle Bleakney, Alex Fucci, Debra Mahony, Lisa Potanovich, Rosemary Romano, and Norine Zalenski.

♥ In memory of Dottie Szudora, Chris Sullivan, & Gene Krusinski.



ITEMS NEEDED:

Food:

- Beef Jerky
 - Slim Jims
 - Sunflower Seeds
 - Tuna with Crackers
 - Tuna in pouches
 - Crackers, boxes of wrapped stacks
 - Plastic jar Peanut Butter, 18 oz. or less
 - Plastic jar of Jelly, 22 oz. or less
 - Oatmeal, box individual packs
 - Hot Chocolate, box individual packs
 - Cereal, individual small boxes
 - Coffee, 11.5 oz. can or sealed bag
 - Protein bars/Energy bars
 - Cookies, small boxed
 - Gum/Hard Candy
 - Drink Mixes
 - Canned Vienna Sausages,* 4.6 oz.
 - Canned beans or w 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 16 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 warmers, (October - February)
- Writing paper/ envelopes/ pens
- Laundry detergent -PODs