



Blue Star Mothers of Oregon  
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***CARE PACKAGE DONATIONS NEEDED***  
***NEW VERSION: DUE TO INTERNATIONAL RESTRICTIONS***

<p><b><u>FOOD ITEMS:</u></b> <b><u>SNACK SIZE OR INDIVIDUALLY WRAPPED</u></b> <b><i>NO CHOCOLATE</i></b> <b><i>NO MEAT PRODUCTS</i></b></p> <p>Peanut Butter, Nutella, etc Nuts, Mixed nuts, Sunflower seeds Protein/Granola Bars (NO chocolate covered items) Oatmeal packets/cups Trail Mixes Ramen noodles Dried Fruit or Fruit Leather Mac/Cheese microwave cups Cheese Spread Microwave Popcorn Jelly/Jams Chips/Crackers (pringles, chex mix, ritz, saltines, etc) Cookies Hard candy Gum &amp; Mints Drink Packets (gatorade, lemonade, electrolyte, etc) Instant Coffee Hot Chocolate/ Hot cider/ Tea Bags Condiments: sugar, creamer, salsa, bbq, sriracha, etc</p>	<p><b><u>TOILETRIES: ALCOHOL FREE</u></b> <b><u>TRAVEL SIZE, KITS, OR INDIVIDUAL SIZE</u></b> <b><i>NO LIQUIDS &amp; NO AEROSOLS</i></b></p> <table><tr><td><b><u>HYGIENE:</u></b> Shampoo Conditioner Deodorant Soaps/Body Wash Lotion Disposable Razors</td><td><b><u>ORAL HYGIENE:</u></b> Toothpaste Toothbrush Dental Floss Shaving Gel</td></tr></table> <p><b><u>OTHER:</u></b> Wipes - hand, body, etc Chapstick Kleenex pouch Band-aids/ first-aid kits Moleskin Foot powder Feminine Products Nail clippers/files</p>	<b><u>HYGIENE:</u></b> Shampoo Conditioner Deodorant Soaps/Body Wash Lotion Disposable Razors	<b><u>ORAL HYGIENE:</u></b> Toothpaste Toothbrush Dental Floss Shaving Gel
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<p><b><u>ACTIVITY OPTIONS:</u></b></p> <p>Playing Cards Writing Supplies (pen, pencil, notepads,etc) Puzzle Books (sudoku, word find, crossword, etc) Stress Balls</p>	<p><b><u>OTHER:</u></b></p> <p>Face/hand towels Bandanas Socks (unisex) Hand/Toe warmers</p>		