

\$12.95



As of 2010 a new larger flat-rate box made specifically for care packages was made. The shipping is \$12.95 to a military address. This is a \$2 discount from the regular shipping. Average shipping time is 2 weeks.

If you would like to donate shipping fees, make check out to:

St. Charles East Girls Basketball Boosters
Memo: Operation Fast Break

Mail to:
STCE Girls Basketball
Jan Sigona
1618 Patricia Ln
Saint Charles, IL 60174

COLLECTIONS

STC East Main Gym during the STC East vs Bartlett girls basketball game:

**FRI. 8 JAN. 7:30 PM
STC EAST MAIN GYM**

And

COLLECTION BOXES:

**DR. ROBERT ABRAHAM
ASST. PRINCIPAL FOR STUDENT
SERVICES
EAST HIGH**

And

**BAND ROOM
EAST HIGH**

M.M.
L.G.

COORDINATORS

Bob /Cheryl Martines
630.584.3106
aisle209@yahoo.com

Do you have a loved one or friend in the Armed Forces? Send us his or her mailing address so we can send a care package.

BARTLETT



STC EAST



OPERATION: FAST BREAK



CARE PACKAGES FOR TROOPS 7:30 PM FRI. JAN 8 STCE GYM

www.stcharleshoops.com



ITEMS TO DONATE

ALL ITEMS MUST BE NEW AND IN THE ORIGINAL SEALED PACKAGING

MOST REQUESTED ITEMS

- Snacks and non-perishable food items, particularly tuna kits, beef jerkey, canned fruit, dried fruit, nuts and other healthy snacks
- Undershirts (white, short sleeve)
- Socks (bootcut, black, green, or white)
- Single-use cameras (disposable style)
- Pre-sweetened flavored beverage mixes
- Letters of support (letters from you, from children, or from your business, office, school, or other organization in support of our troops)

BEVERAGE MIXES

- Coffee, coffee mixes, tea
- Hot cocoa mix
- Lemonade mix, Koolade mix, Tang, Iced Tea mix
- Gatorade mix (powdered only)
- Crystal Light (or other brand) "On The Go" flavor packets. These come in a box of several sleeves of flavoring that can be added to a 16-20 oz. water bottle.
- Sugar and creamer packets for coffee

CLOTHING

- Black, Green, and White cotton socks
- Underwear and T-shirts

SNACKS

- Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)
- Fruit: individual serving size cans of fruit, dried fruit (Plastic fruit cups with the plastic seal are not recommended as they can open in transit; individual-size cans are preferred.)
- Nuts, sunflower seeds, peanuts, trail mix
- Power bars, protein bars, nutritional bars
- Beef jerky, beef summer sausage (non-perishable; labeled USDA Beef)
- Single-serving bags of snacks, crackers, chips, snack mixes
- Pop Tarts, cereal bars, "milk & cereal" bars, granola bars
- Ramen Noodles, Cup-O-Noodles serving cups
- Ravioli and other canned ready-to-eat meals (canned or styrofoam single serving are best)

PERSONAL ITEMS

- Baby wipes for personal hygiene (alcohol-free)
- Throat Lozenges
- Gum, Lifesavers, Mints
- Eye Drops (to relieve dry eye, not redness)
- Blistex, Chapstick, Carmex (in stick-tubes rather than tubs)
- Aspirin, Motrin, Tylenol, Pain Relievers (small containers)
- Insect repellent wipes

DO NOT INCLUDE

- Pork and pork by-products
- Tobacco or alcohol products
- Perishable foods
- Liquids
- Homemade food items

IF YOU CAN STUFF IT IN YOUR POCKET AND IT'S NOT GOING TO SPOIL, SPILL, BREAK OR MELT DURING THE SUMMER SEASON, IT'S A GOOD THING TO SEND!

DON'T WANT TO SHOP?

- Donate \$1, \$2, \$5, or \$10 (or more) for shipping costs. Each package costs \$12.95 to ship. More info on back panel.
- Write letters of support for our troops

