

G.R.I.T.S. - Suggested Snack Food & Miscellaneous Items

All food items must be appropriately sealed / and prepackaged

WHAT CANNOT BE SENT: Pork products, Alcohol, Pornographic materials, liquid hand sanitizer, or Aerosol cans.

*****PLEASE NO CANNED VEGETABLES*****

Visit for more information: www.facebook.com/opgrits Or www.operationgrits.com

Canned & Packaged food

Canned fruit - pop-top only
Chicken and/or packs; pop-top
Peanut butter / Jelly
Sardines
Tuna and/or packs (tuna in pouches is best)

Condiments

Cajun seasoning
Catsup
Garlic salt
Honey packs
Hot sauce
Lawry's
Mayo
Mustard
Relish
Salad dressings
Salsa (don't forget the taco chips)
Salt/pepper, sugar packets
Spices
Sweet N Low



Ground Coffee

Tea / Hot Chocolate
Instant Cappuccino
Coffee creamer
Hot chocolate mixes
Instant coffee
Tea bags

Microwavable Foods

(if they have a microwave)
Mac & Cheese
Popcorn
Brownie mix
Various mini dinners
Instant oatmeal
Instant soups / soups in pop-top containers



Powdered Drink Mix Singles

Crystal Light
Gatorade
Juice boxes
Kool-Aid

Snacking Foods

Beef Jerky / beef sticks, summer sausage
Cheese spreads / small Velveeta cheese blocks
Dry Cereal
Chex Mix
Pringles
Cookies
Crackers for snacking
Dried fruit
Energy bars / Cereal Bars / high protein bars /
Granola Bars
Fruit pies
Gum, Hard Candy wrapped
Little Debbie's & other snack cakes
Nuts (all kinds)
Pudding cups



Toiletries

Advil, Tylenol, Cold/Cough drops, Sinus Meds
Antacids
Pepto Bismol
Imodium
Antibiotic Cream (Neosporin)
Nasal Spray/Drops
Anti-Bacterial Wipes
Baby Oil, Baby Powder
Baby Wipes
Bath/hand/wash towels (dark colors)
Body Wash / **soap (be sure to triple pack the soap and not put it near the food as it leaves the smell of soap on the food)
Face Soap
Chapstick
Contact Lens Cleaner
Eye Drops
Eyeglass Kit
Cotton Balls
DUSTING CLOTHS for removing the sand from everything and every surface
Lotion for body and hand
Foot Inserts for boots
Foot/Boot Powder
Disposable hand and feet warmers
Insect Repellent Wipes/ non aerosol spray with Deet (need in spring/summer)

Laundry Soap /Fabric Softner
Air Freshener
Mirror
Pocket Size First-Aid Kit
Puma Stones for feet
Q-Tips
Shampoo/Conditioner
Sunglasses
Sunscreen
Toenail/Fingernail Clippers
Deodorant
Tooth Paste / Tooth Brush
Mouthwash
Tooth Picks
Dental Floss
Vitamins

Men: Razors, Shaving Cream in a tube, aftershave lotion (no fragrance)

Women: Panty Liners, feminine hygiene products, conditioner, brush/comb hair clips/bands, non-aerosol hair spray, hair gel

Suggested Fun Time Materials

Balls: soccer ball, baseballs, basketballs, volley ball sets, football

PLEASE DEFLATE ANY BALLS AND INCLUDE A HAND PUMP!!

Batteries: AA- C -D -9 volt
Beanie Babies or stuffed animals (new please) (to give to children)
Board Games
Playing Cards
CD Player with CDs / send batteries
Dart Board with darts
DVDs
Electronic/Battery Hand held games (include batteries)
Frisbee
Greeting Cards they can send back home (variety)
Mag flashlight bulbs,
Mailing Envelopes (no stamps) / Pens with Stationary
Magazines (all kinds)
Mini Hand-held Fan or Water Misty fan
Nerf Balls
Packaged Poker Sets
PlayStation with games
Puzzle Books/Word Find Books
Sewing Kits
Small flash light for reading at night
Water guns
X-Box with games
Yo-Yo's
Zip Lock Bags & Plastic lock containers for sealing leftovers and personal items

Please include cards and letters with your address if you like. Let them know you appreciate them!

