

NEED IDEAS FOR OUR COLLEGE STUDENT CARE PACKAGE?

SELF-CARE/BEAUTY SUPPLIES

- Band-Aids
- Tums
- Aspirin/Ibuprofen
- Floss
- Toothbrushes
- Toothpaste
- Mouthwash
- Nail clippers
- Nail file/emery board
- Tissues
- Hand-sanitizing wipes
- Liquid hand sanitizers
- Insect repellent
- Lip balm/ Chapstick
- Q-tips
- Lozenges

PERSONAL ITEMS

- Encouragement book
- Letters/notes
- To-go insulated coffee mug
- Journals/ Tablets/ Notebooks/ Stationary
- Writing utensils/Pencil sharpeners
- Gift cards
- A set of sturdy, reusable, plastic cutlery
- Small packets of washing detergent
- Flashlights
- Devotional/Religious texts

ENTERTAINMENT/ATHLETICS

- Batteries
- Tennis balls
- Hacky sacks
- Card games
- Puzzles
- Sudoku/Crossword/Puzzle books
- Book light
- Headphones

FOOD

- Single servings of canned fruit (You can theme your whole package around fruit!)
- Single servings of canned veggies
- Beef jerky
- Peanut butter
- Jelly
- Marshmallow creme
- Oreos, Nutter Butters– you know, the cookies that could outlast a nuclear winter
- Cookies (Use a vacuum sealer, and you're golden!)
- Brownies (Ditto about the vacuum sealer!)
- Dried fruit
- Nuts
- Granola bars
- Crackers/Cracker sandwiches
- 100 calorie snacks
- Gum (the kind in blister packs keep better!)
- Mints/Hard candy like Lifesavers or Werther's
- Sunflower seeds
- Cereal bars
- Trail mix
- Popcorn
- Healthy bars (protein, power, nutrition) like Clif Bars, Luna Bars, LARA Bars, etc.
- Ramen noodles
- Mac 'n' cheese in a cup
- Ravioli, Spaghetti-O's, etc.
- Seasoned salt
- Packets of ketchup, mustard, relish, mayo, etc. (Send these in a sealed Ziploc bag!)
- Seasoning packets (ranch, Italian, etc.)
- Fruit snacks/fruit leather
- Coffee
- Packets of powdered coffee creamer
- Packets of sugar/sugar substitutes
- Single-serving 0 calorie drink mixes
- Liquid drink and tea mixes (Mio, Lipton's, etc.)
- Sports drink mixes
- Hot chocolate mix
- Tea bags
- Lemonade mix
- Kool-Aid packets
- Protein powder
- Tang
- Iced tea mix
- Instant oatmeal
- Pretzels
- Pita chips
- Popcorn chips
- Cereal – single serving size