



# Support Our Troops

**Join American Military Family's Adopt-A-Soldier/Unit Program for our semi-annual Care Package Party!  
There will be food, raffles and lots of fun!**

**When:** Saturday, November 17<sup>th</sup>, 3pm – 5pm

**Where:** VFW 4171 in Golden (15625 W. 10<sup>th</sup> Ave., Golden, CO 80401)

If you are looking for a way to give back to those who bravely serve our country, this is it! We send care packages to service members deployed to a combat zone who are our own neighbors as well as friends and family from across the country. If you can't donate items or shipping costs, please consider writing a note of thanks... they mean so much!

## Suggested Care Package Items:

- Travel Size Wet Wipes
- Travel Size Q-Tips
- Travel Size Foot Powder
- DVD's, Handheld Games and Magazines (used is okay)
- Card Games
- Boot Socks & Undershirts
- Emergen-C Packets
- Flip Flops
- Earphones/"buds"
- Batteries
- Tennis Balls
- Electrolyte Supplement Packets (PowerAde, Gatorade, etc.)
- Canned Tuna/Chicken
- Beef Jerky
- Coffee, Sugar and Powdered Creamer Packets
- Fun Pez Dispensers and Hard Candy
- Dried Fruits / Trail Mix
- Peanuts / Sunflower Seeds (shelled)
- Small Snacks that would fit in pockets and not melt
- AT&T Phone Cards
- + **ONE HAND WRITTEN NOTE!**

**Donations for shipping:**

<http://www.amf100.org> please email [dawn@amf100.org](mailto:dawn@amf100.org) after donation is made.

Or make checks payable to American Military Family, P.O. Box 1101, Brighton, CO 80601

Please email Dawn Medford with questions [dawn@amf100.org](mailto:dawn@amf100.org)

**THANK YOU!!!**