



## OPERATION: LOVE BOXES FOR OUR TROOPS

Metro Multifamily Association committee members are taking on “A Year in Service” as a way of our industry giving back to our communities. We will be working toward our goal of 200 filled boxes to be mailed overseas to Oregon & Washington military. Everyone can contribute to this very important mission. Last month 2800, men and women left for Iraq (all from the Portland area). It was the largest deployment ever for the 41<sup>st</sup> Combat Brigade. The boxes we fill will go directly to our soldiers from Oregon & Washington. We are going to make this very easy for you; here are several ways you can help:

1. Request boxes, fill the boxes with items from their wish list and call for a pick up.
2. Donate postage money. Each box costs \$11.95 flat rate to be shipped.
3. Collect individual supplies on the wish list. Call and have your donation picked up.
4. Set up a “Donation Barrel” for tenants, co workers, etc to donate items on the list. Call when your donations are in, and we will pick them up for you.

There are going to be lots of opportunities for people to be a part of this experience. It is all needed and appreciated, little things from home to help brighten their day.

For more information please contact Juli Hansen at 503-639-6993, or Erin at MMHA 503-226-4533

### **DO SEND: FOOD ITEMS**

- Any kind of junk food that will ship well.
- Cookies
- Coffee
- Beef Jerky
- Salted Peanuts
- Cup of Noodles (The "just add hot water" kind)
- Trail Mix
- Sunflower Seeds
- Granola Bars
- Breakfast Bars
- Fruit Snacks
- Bean Dip, Salsa, and Chips
- Crackers
- Soup, Canned Chicken (Pop-open cans or send a can opener with it.)
- Tuna pouches
- Powder Drink Mixes to add to water bottles. (Kool-Aid, Propel, Gatorade, Instant Coffee)
- Sugar and Creamer Packets
- Sauces to liven up the taste of foods (BBQ, Ranch, Ketchup, Salsa, Soy Sauce, Hot Sauce, etc.)

### **DO SEND: MISCELLANEOUS**

- Travel size laundry detergent
- Small flash lights
- Batteries of different sizes
- Phone Cards (AT&T and MCI work the best)
- Photos and Calendars
- Any specific items give them a reminder of home.
- School supplies or toys to be given to local children.

**Boxes are available contact:**

**Juli Hansen: 503-639-6993**

**Erin Wallace: 503-226-4533**

[WWW.LoveBoxesForOurTroops.com](http://WWW.LoveBoxesForOurTroops.com)

### **DO SEND: MISCELLANEOUS**

- Anything that the soldiers can do on their down time that will help them relax. They need things that will help them smile and laugh; they need a little comic relief.
- DVD Movies (New or Used)
- Music CDs (New or Used)
- CDs containing iPod or MP3 Music
- Video-taped Oregon State and/ or University of Oregon sporting events
- Games (Small travel size games are the best.)
- Books
- Current Magazines
- NEWSPAPERS! (Especially the sports sections)

### **DO SEND:**

- Canned-air to clean dust out of computers, weapons, and other equipment.

### **DO NOT SEND :CARE ITEMS**

- Hygiene items, such as toothbrushes, soap, toothpaste, razors, etc. Our soldiers say that because of the generosity of people sending care packages, there are more personal hygiene items stored at the camps than they need.

### **DO NOT SEND:FOOD ITEMS**

- Chocolate candy bars because they melt. Liquids that will leak.

