



NEWS RELEASE

(SAMPLE)

News Release distributed via e-mail

Department of Community and Recreation Services

Address

Phone:

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www.americasadoptasoldier.org

Date

Help Send Packages to Our

Troops Deployed Overseas through the America's Adopt A Soldier Program

Our troops need support from us at home. Please join us in supporting our men and women deployed overseas by participating in an ongoing project called, Americas Adopt-A-Soldier. "Our soldiers deserve to know that we care about and support them in their extremely dangerous assignments abroad," says America's Adopt-A-Soldier Chairman Mary Keeser. This project is being conducted in conjunction with the *(It's a good thing to add this project to an already existing community Annual festival, fair or other Community wide activity such as) National Make a Difference Day held annually throughout the United States.*

We are asking all members of the community to come together and help us achieve our goal of packing and shipping _____ boxes to our service members abroad.

1. Give a few hours of your time on Date / Time at Location / Address to pack "Care Packages" for the service members.
2. Collect or donate items to pack in the boxes. Individuals or groups can collect items to be placed in the boxes (see list of suggested items below). Items can be dropped off at Locations/Addresses. A list of the sites is posted on the _____ website at www._____. Items must be dropped off by Date.
3. Donate funds to ship one or more boxes. The cost to mail one box is \$(Check the amount with your local post office). You can make your check or money order payable to the USPS (United States Postal Service) Check with your local post office. Checks or money orders can be mailed or delivered to: Your Local Chapter of America's Adopt A Soldier at Address. The following is a listed of suggested items for our "Care Packages" packages:

Personal Care Items

Eye Drops
Chapstick, Blistex
Shampoo/Conditioner (travel size)
Deodorant - Men and Women
Toothpaste (travel size), Toothbrushes,
Dental Floss
Mouthwash (travel size)
Soap, Body Wash, Hand Sanitizer
Foot Powder
Tube Socks (cotton)
Lotion (small size)
Feminine Hygiene Products
Razors, Shaving Cream (in tubes) **no aerosol**
Travel Size Tissues
Baby Wipes
Baby Powder
Q-Tips
Tums or Rolaid
Tylenol, Advil, Sinus Meds
Gel Insoles

Food Items

Small bags or individually wrapped snacks or cans of Pringles, pretzels, cookies, crackers, nuts, trail mix, peanut butter/cheese crackers, sun flower seeds
Hard Candy (Lifesavers, Jolly Ranchers), Mints
Chewing Gum, Blow Pops
Individual servings of powdered drinks for water bottles such as Lemonade, Gatorade, Kool-Aid, Tang, Lipton To Go Tea, Crystal Light On The Go, energy drinks, Propel (powder)
Individual coffee, tea bags
Beef Jerky, Slim Jims (no pork allowed)
Pop Tarts, NutriGrain, Granola, Cereal Bars, trail mix
Cups & small flip top canned fruit, applesauce, pudding
Peanut Butter (small) No Glass Please
Chocolate between the months of October and April only (M&Ms are acceptable anytime)

Other Items

Crossword Puzzles
Playing Cards
Stationery & Envelopes
Pens/Pencils
Disposable Cameras
Assorted Greeting Cards for Soldier to send to family & friends
Journals
AT&T Global Prepaid Phone Cards
Batteries
DVDs, CDs
Video Games
Small board games
Flystrips
Febreze or other freshening spray, no aerosol
Glade Stick-ups or room deodorizers
Small battery operated fan
Bug Repellent in lotions & pump-spray bottles-- NO AEROSOLS
Sun Screen

Won't you join us in this effort? Individuals and groups interested in volunteering on Date should call Number, and add your name to the list of people supporting the America's Adopt A Soldier program or to find the nearest drop-off center for collected items. Think of it as an opportunity to engage the whole family in doing something that benefits others. Refreshments will be served.