



# Operation **Fill-the-Box** for deployed service members



## Goal:

Provide one care package to each recently deployed service member by Christmas 2022.

## What can you do:

- Put together a care package.
- Organize a work group, club, or group of friends to put together care packages.
- Donate items to help fill care packages.
- Donate money to help with shipping or for items to fill the care packages.
  - Estimated cost per box is \$40 to fill and ship

## Directions:

1. Obtain the medium flat rate boxes from your local post office (free of charge.)  
For larger quantities, order the [boxes online](#) from usps.com.
2. Fill the box with items. See the list below.
3. Tape only the bottom of the box, fold the top down.
4. **Do not attach postage.**
5. **Deliver or have the care package(s) picked up by Veteran's Day - Friday, November 11th, 2022**

Please see 2nd page for further details on drop off, pick-up & sending donations



Priority Mail Flat Rate®  
Medium Box - 1  
Single Pack of 10 or 25  
11-1/4"(L) x 8-3/4"(W) x 8"(H)  
\$0.00

## Suggested Care Package Items:

- **Toiletries:** Powder, lip balm, deodorant, toothpaste, baby wipes, sunscreen, razors, shaving cream (non-aerosol), nasal spray, insect repellent, eye drops, wet wipes, tissues.
- **Drink mixes:** single-serving packets such as hot cocoa, coffee, coffee creamer, lemonade, tea, energy drinks.
- **Meal enhancers:** Anything that can be mixed with MREs (Meals Ready to Eat), such as ramen noodles, seasoned salt, packets of hot sauce, mustard, sugar, relish and ketchup. Place packets in a sealed baggie to avoid leaks.
- **Snacks:** Single serving or individually packed energy bars, non-perishable packaged cookies, chips, jerky (no pork), crackers, non-melting candy, trail mix, Nutella dried fruit.
- **Meals:** Microwavable, soup to go, rice entree, instant mashed potatoes, tuna (packet or canned with pull top lids), pop tarts, peanut butter & jelly, cheese (small pkg. velveeta or processed) instant oatmeal.
- **Entertainment:** Card games, puzzles, books, travel game, art supplies, colored pencils, drawing pad, small craft kits
- **Things to remind them of home,** post card, note of encouragement, holiday decoration.
- **Other** iTunes cards, usb drives, led flashlights, sewing kits, lens cleaning cloths, hand warmers, travel size laundry detergent packets.

**Prevent possible spills.** Place items that may spill or leak in heavy plastic zipper-lock bags. Freezer bags work well and service members will likely find other uses for the bags. Use reusable packing material. Cushion fragile items with packages of tissues; local newspapers; plastic zipper-lock bags filled with snacks; small beanbag-style stuffed toys (for service members to hand out to local children) or anything else that the service member will be able to use. Do not to send items in glass jars.

## What NOT to Include:

**Prohibited items:** Aerosols, air bags, alcoholic beverages, ammunitions, cigarettes, dry ice, explosives, gasoline, hemp based products, marijuana, nail polish, perfumes, poisons, alcohol-based hand sanitizer or flammable sanitizing wipes.

Check the [post office's prohibited items](#) list to keep items from being rejected. Remember these items are being shipped overseas so international restrictions apply.

## What you CANNOT send in a care package?

There may be items you cannot send depending on where the service member is located. For example, these service members will most likely be in the Middle East or the Persian Gulf area, do not send anything that would offend people of the Islamic faith, including pork or pork by-products, obscene material, religious materials contrary to Islam, anything depicting nude or semi-nude persons, pornographic or sexual items, alcohol, or non-authorized political materials.

In order to ensure packages arrive in a decent time - the **deadline** for donations will be

**Monday, November 15th, 2022**

**Deliver filled care packages to:** Tues-Fri 10a-2p, Sat 12p-4p  
Idaho Military Museum or Operation Grateful Hearts  
4692 W Harvard St or 2957 E Fairview Ave  
Boise, ID 83705 Meridian, ID 83642  
or IDNG MWR  
4775 S Ingalls St.  
Gowen Field Bldg 710  
Boise, ID 83705

For **package pick up** Contact Brian Losness at (208) 870-3022

To **donate items** contact Brian Losness (208) 870-3022 [operationfillthebox@gmail.com](mailto:operationfillthebox@gmail.com)

or Jessica Bate (208) 514-7948 [jessica@idngmwr.com](mailto:jessica@idngmwr.com)

Wendy Jo Ackley (208) 870-9055 [OperationGratefulHearts@gmail.com](mailto:OperationGratefulHearts@gmail.com)

Send Monetary **donation via mail** to: MWR Program  
4775 S Ingalls St, Bldg 710  
Boise, ID 83705

Send Monetary **donation via web** at: [www.idngmwr.com/get-involved](http://www.idngmwr.com/get-involved)

Send Monetary **donation directly via PayPal:** [INGMWR Paypal](#)

