



***"Sending
Stockings Filled
With Joy to
Our Soldiers In
Harm's Way."***



The GFWC Zwaanendael Women's Club and Peak Fitness Training
are partnering to collect items for our
deployed servicemen and servicewomen.

**DONATE HERE
THROUGH
TUESDAY, OCTOBER 20TH**

PEAK Fitness Training
26870 Lewes-Georgetown Highway, Harbeson DE



Requested Items – *Please, **NO** aerosol cans, bars of soap, or hand sanitizer*

- Chewing Gum
- Fruit Roll-ups/Gushers/Cracker Jacks
- Slim Jim's/Beef Jerky
- Granola/Fruit/Breakfast Bars
- Small Candy and Mini Candy Bars, Christmas and Halloween Candy
- Cookies/Nuts/Pretzels/Trail Mix,
less than 12 oz. size
- Flavored Drink Mixes, single packets, lemonade, teas,
hot cocoa, coffee
- Ramen Noodle Soup, *no Cup of Noodles please as
they do not fit in stockings*
- Small Individually Packaged Meals: tuna, lasagna,
beefaroni, fruit, 8oz or less preferred

- Hand/Foot Warmers
- Fly Swatters
- Toothbrushes & Small Toothpaste
- Crew Socks, Mole Skin
- Toiletries & Lotions, *small packages*
- Chap Stick & Lip Balm
- Razors, *individuals or packs*
- Baby Wipes, Foot Powder, Sun Block
- DVD Movies
- Music CDs
- Paperback Books, *no romance novels*
- Pocket Games & Puzzles
- Crossword & Sudoku
- Beanie Babies
- Phone Cards, *AT&T*

***Also...Soldiers Appreciate Getting Personal Holiday Messages of Support & Friendship,
and Letters of Appreciation from Children and Adults.***

Include your return address or email if you wish...you might hear back from a soldier.



peakfitnessde.com



gfwczwaanendael.org