



“Sending Stockings Filled With Joy to Our Soldiers In Harm’s Way.”

The GFWC Zwaanendael Women’s Club and Rise Fitness + Adventure are partnering to collect items for our deployed servicemen and women who are serving through the holidays.

*Donations Accepted
Through
Friday, October 18*

Donate at
RISE FITNESS + ADVENTURE
35770 Airport Road, Rehoboth Beach

Suggested Donation Items

NO aerosol cans, bars of soap, hand sanitizer

- 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*

- 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*

gfwcZwaanendael.org

TrainAtRise.com

StockingsForSoldiers.org

Also...

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

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

You Can Make a Financial Donation to Help with Shipping Costs.

Make checks payable to Z Club and mail to Joyce Bauchner, 32015 Carneros Ave., Lewes, 19958

- Chewing Gum
- Fruit Roll-ups/Gushers/Cracker Jacks
- Slim Jim’s/Beef Jerky
- Granola/Fruit/Breakfast Bars