

# JOIN THE BOX BRIGADE



## IT'S EASY TO SUPPORT OUR TROOPS

1. Bonds of Courage will supply the box.
2. Fill your box with cards and wish list items.
3. Bonds of Courage will pick up your box.
4. Bonds of Courage will send to a deployed soldier.

The Box Brigade program is available in communities local to our Westfield office.  
For more information: [care@bondsofcourage.org](mailto:care@bondsofcourage.org)



Bonds of Courage / National Guard Armory / 500 Rahway Avenue  
Westfield, New Jersey 07090  
[www.bondsofcourage.org](http://www.bondsofcourage.org) 908-273-4122

# WISH LIST

## SNACK & FOOD ITEMS

Snack Items (individually wrapped)

Granola Bars / Granola

Protein Bars / Protein Powder

Dried Fruits/Nuts

Jerky (no pork)

Tuna (packets or small pop top cans)

Instant Oatmeal (packets or cups)

Peanut Butter / Jelly

Canned Fruit (pop top)

Ramen Noodle Cups / Mac n Cheese Cups

Ravioli/Pasta meals in a can (pop top)

Microwaveable Meals (individually packaged)

Breakfast Cereal (single serving cups or boxes)

## BEVERAGES

Protein Powder Drink Mixes

Flavor Packets for Water (single servings)

Coffee (ground or k-cups)

## OTHER ITEMS

Baby Wipes

Feminine Hygiene Products

Chapstick

Ziploc Bags (all sizes)

NO GLASS / CHECK EXPIRATION DATES

THANK YOU FOR JOINING THE BOX BRIGADE