



# Donate items for care packages for our military

34th Annual AHCA Seminar & 56th Annual  
FHEA Meeting in October

## FHEA SPECIAL PROJECT

Please start collecting these suggested items and bring them to the FHEA Registration Desk when you arrive in Orlando, October 7 – 10<sup>th</sup>.

*Our soldiers would appreciate: socks; t-shirts; hand sanitizer; paperback books (can be used, but in good shape); mints and candies; instant coffee, cocoa, and juice drinks; non-perishable snacks; puzzle books (Word Search, Sudoku, crossword puzzles, etc.); writing tablets; pens; sanitizing wipes; lip balm; hand and body crème; protein bars; international calling cards; Amazon gift cards; playing cards; AA and AAA batteries; small led flashlights; nail clippers; eyedrops; and other personal care items.*

For more information, email [info@fhea.org](mailto:info@fhea.org) or call 813.775.6416.

