When students go away to college, they especially appreciate knowing that someone back home is thinking of them. One way to remind them that someone is thinking about them and cares about their well-being is to send a care package. Besides, who doesn’t love getting goodies in the mail?

Reach out to alumni for mailing information via text, e-mail or social media. The care packages can be assembled and mailed by a class or club at the elementary, middle or high school level, a parent organization such as the Booster Club, the school’s alumni association, or teacher(s)/counselor(s).

Packages can be simple and inexpensive – remember that the point is to say “we’re thinking of you!” Include a note of encouragement from current students or school staff *(see next page for a template).*

The following list contains some tried-and-true items that college students appreciate. We strongly suggest including bolded items.

applesauce

balloons

Band-Aids

beach balls

beef jerky

board games

bouncy balls

bubbles

candy

chapstick

chocolate

coffee

coloring books

cough drops

craft supplies

crayons

dry erase markers

**encouraging note**

first aid kit

fruit snacks

gift cards to local stores

glow sticks

granola bars

gum

highlighters

homemade cookies

**hometown trinket**

hot chocolate

Kraft Easy Mac

MadLibs

magnets

microwave popcorn

mints

notepads

**notes from younger kids**

nuts

Pez dispensers

**postcards from home**

play-doh

playing cards

post-it notes

protein bars

puzzles

raisins

ramen noodles

seed packet and mini pot

sidewalk chalk

silly putty

silly string

slinky

stickers

streamers in school colors

stuffed animals

tangrams

tea

thumbtacks

toothpaste

warm hat

water guns

Do you have multiple graduates on the same campus? Consider using the care packages as a way to encourage them to be in contact with each other:

* Buy a super simple puzzle (4-6 pieces) and write a message on the back of it. Take the puzzle apart and send one piece in each box. Include a note telling them they need to find each other in order to read the full message.
* Purchase different colored water bottles or travel mugs and mix up the lids. Send one mismatched mug/bottle and lid in each box along with a note encouraging them to find each other to make the swap.

A CARE PACKAGE FOR YOU!

# FROM YOUR SCHOOL NAME

## « « «

You’re working and studying hard – so you deserve a treat. We’re proud of you and everything you’ve done.

Keep up the great work!