



## SPONSOR A CHRISTMAS CARE PACKAGE

The sixth annual “Give to a Giver” project is an opportunity for individuals, departments or groups to spread holiday cheer around the world by sending a little reminder of home to Loma Linda University Health overseas missionaries and their families.

These missionaries are Loma Linda University alumni, global service awardees (GSA), deferred mission appointees (DMA), or Adventist Health International (AHI) long-term volunteers that serve at Loma Linda University Health strategic partner sites as physicians, dentists, hospital administrators, nurses, and public health educators.

Care packages are collected and shipped by Loma Linda University Health’s Global Health Institute (GHI), in collaboration with Students for International Mission Service (SIMS) and the National Association of Seventh-day Adventist Dentists (NASDAD).

### HERE’S HOW IT WORKS:

1. Choose a missionary/missionary family & pick up a shipping box from the GHI office at 24888 Prospect Ave., starting Mon., Nov. 26.
2. Fill it — up to 20 lbs!
3. Return it, unsealed, by Fri., Dec. 14, 2018 by 2:00 pm.
4. Feel warm fuzzies!

### TO LEARN MORE

Please visit [lluglobal.com/Christmas](http://lluglobal.com/Christmas) or contact Angeli Yutuc, program manager of international service, at 909-558-4876 or [ayutuc@llu.edu](mailto:ayutuc@llu.edu).



## **WHAT TO SEND**

### **NOSTALGIC FOOD ITEMS**

*Please place food items in separate zipped plastic bags*

- Cake, brownie or cookie mix
- Candy, gum, chocolate
- Canned or dried vegetarian foods (Big Franks, Soy Curls, etc.)
- Flavored drink packets (tea, hot cocoa, cider, etc.)
- Granola bars, protein bars
- Mixed nuts
- Peanut butter, Nutella, cookie butter
- Ranch dressing
- Popcorn
- Shelf stable cheese
- Taco seasoning

### **PERSONAL ITEMS**

- Candles
- Pillow cases, sheets
- Duct tape
- Headlamp or flashlight
- LLUH gear
- Lotion, body wash, soap
- Mosquito repellent (with DEET)
- Socks, flip flops, slippers
- Travel sewing kit, nail file, nail clippers
- Kitchen tools, towels
- Hair ties, lip balm
- Sunglasses, sunscreen
- Water bottle

### **KIDS**

- Balloons
- Reading books, coloring books, crayons, markers
- Deflated sports ball with hand pump
- Holiday crafts, stickers
- Travel games (cards, puzzles, etc.)

### **ENTERTAINMENT**

- Books
- Games or puzzles
- Movie DVDs, music CDs
- Office supplies, stationary, greeting cards

## **WHAT NOT TO SEND**

### **AVOID THESE ITEMS**

*Please remove all unnecessary packaging to make the most of the limited space*

- Aerosols
- Alcohol
- Batteries
- Dry ice
- Fresh fruits and vegetables
- Gasoline
- Nail polish
- Perfumes
- Perishable food
- Easily crushed food: crackers, chips, cookies, etc.



LOMA LINDA UNIVERSITY  
**HEALTH**  
Global Health Institute

### **BOX PICK-UP / DROP-OFF:**

Global Health Institute  
24888 Prospect Ave.  
Loma Linda, CA 92354

Phone: (909) 558-4420  
Email: [ayutuc@llu.edu](mailto:ayutuc@llu.edu)  
[lglobal.com/Christmas](http://lglobal.com/Christmas)