

Connection/Communication Tools

The pack must include at least 4 connection/communication tools. Some examples include:

- Disposable camera
- International calling cards
- Photo album
- Scrapbook
- Journal
- Pen
- Stationary
- Postage stamps
- Other items that youth could send to their family member (i.e. worry dolls; OMK lanyards; gift card to the Post Exchange).

OMK Partner Information for Parents (Parent Packet)

The following information will be provided by OMK:

- OMK information and resources
- Local resources for youth (4-H Club, Boys and Girls Club, YMCA, Recreation Dept., Big Brothers/Big Sisters program information)
- Military Child Education Coalition (MCEC) “Staying Involved in Your Child’s Education During Deployment” booklet.
- Army Child and Youth Services Magnet

PLEASE DO NOT INCLUDE FOOD OR CLOTHING ITEMS



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



**Operation:
Military Kids (OMK)**

Hero Pack Guidelines



OMK...

**Working Together to Support Military Kids
and their Families**

www.nhomk.com

www.operationmilitarykids.org

Hero Pack Project

Thank you for your interest in doing a Hero Pack project. Hero Packs are a great way to give military kids a tangible expression of support.

The Hero Pack project is a chance for groups of youth and adults to work together and become involved in a valuable community service effort. Please consider inviting other groups and businesses to join you in this effort. Keep in mind, you are helping build awareness and fostering community support for military kids dispersed throughout the State.

These guidelines are meant to outline the basic requirements for Hero Pack contents, and examples are meant only as suggestions...be creative!

Unless otherwise stated, you must purchase the contents or get donations. The contents in all Hero Packs do not need to be exactly the same, as long as each pack includes the “Minimum Required Contents” as outlined on the next two pages. The minimum required content categories include: Handwritten Appreciation Letters, Fun Items, Connection/Communication Tools and OMK Partner Information for Parents (Parent Packet).

If you have any questions about completing your Hero Pack project, please contact the OMK office:

Charlotte Cross, OMK Program Director
Jody Jackson, OMK Program Coordinator
Graduate Students, OMK Program Assistants
(603) 862-0876 or omk@ceunh.unh.edu

Minimum Required Contents

Backpack - Supplied by OMK

Handwritten Appreciation Letters

The packs must include handwritten appreciation letters from non-military youth to the military youth and their deployed family member thanking them for their service and sacrifices to our country. We will provide American flag stationary and envelopes. If you do not have non-military youth working with your group to fill the packs, please contact the OMK office for assistance.

Fun Items

The pack must include at least 5 fun items.

Some **examples** include:

- Craft kits/supplies or Art supplies
- Games to play with siblings or parents
- Frisbees
- Children’s books*
- Movie coupons
- Free passes to places like the local Boys and Girls Club, etc.
- Stickers
- Stuffed Animals or Puppets

**Suggested Children’s Book Titles:*

- Deployment Journal for Kids by Rachel Robertson
- Daddy, You’re My Hero; Mommy, You’re My Hero by Michelle Ferguson-Cohen
- Daddy Got His Orders by Kathy Mitchell

Additional suggested book selections at www.nmfa.org or www.militaryfamilybooks.com