

POGIE REQUIREMENT LETTER

Dear Parents,

In the interest of maintaining your son's health and energy while he participates in Basic Training, we have composed a list of acceptable POGIE items (**P**ersonally **O**wned **G**oodies **I** Eat—the term for snack foods here at ALERT) for you to send him. Our goal is to limit the amount of sugar your son consumes in his POGIE. Sugar gives a false energy that disappears very quickly as well as hinders the immune system. This list is all-inclusive and will be strictly adhered to during Basic Training. If your son receives POGIE items not on this list, the items will be disposed of, as we don't have the ability to keep them till the end of his training.

POGIE is to be marked and sent in this way:

Recruit (Name of Recruit) - POGIE

One Academy Blvd.

Big Sandy, TX 75755

Allowable POGIE:

- Sunflower seeds
- Home baked cookies (no brownies or other desserts)
- Jerky
- Pretzels
- Nuts
- Granola bars
- Energy bars (No Snicker Marathon style bars or candy bars)
- Dried fruits/vegetables
- Crackers
- Peanut butter
- Honey
- Electrolyte drink mix
- Ramen noodle soup
- Seasonings and spices for camping
- Summer sausage
- Rice cakes

We understand the importance your son places on receiving POGIE while in training, so we want to provide you with some clear guidance. Your son will also be instructed as to what is appropriate POGIE and should not be requesting any other types of POGIE from you. Adhering to the list above will aid your son as he presses on through Basic Training.

Thank you for helping in this way.