

# Back-To-College Care Packages

## Turns Out Kids Want Comfort Food More Than Cash

(NAPSA)—Kids. They grow up so fast. One minute they're learning to walk, and the next minute they're leaving for college. But don't let their tough exteriors fool you—many college students get homesick as soon as orientation is over.

What can you do to help alleviate your student's homesick blues? According to a recent survey commissioned by *The UPS Store*® and *Mail Boxes Etc.*®, 67 percent of college students said good old-fashioned home cooking—especially cookies and other treats—was the thing they wanted most in a care package.

Homemade treats actually topped cash in the survey, with only 15 percent of students wanting money in a package from home. It seems cold hard cash just can't warm a homesick heart.

What else do college students want in a care package? More than one-third (35 percent) said they would like gift cards from local restaurants or retailers. Almost 30 percent of students asked for CDs and DVDs. Also, more than 20 percent of students polled said they wanted clothing—a unique opportunity for parents who have longed to influence their kids' wardrobes.

When do most college students receive care packages? More than 40 percent of students surveyed received care packages for final exams. Many students get care packages for no particular reason—in fact, more often than they receive holiday-related care packages (23 percent vs. 10 percent).

If you're planning to send your student a little taste of home, utilize the following tips from The UPS Store and Mail Boxes Etc. packaging and shipping experts to ensure your homemade goodies arrive in tempting and tasty condition.



### • Look Before You Cook.

Before making homemade treats, consider how well they will travel. Moist foods are more susceptible to mold, while large, flat cookies will stack perfectly in a coffee can that will keep them from crumbling. Decorative tins or plastic containers can be used for cakes and brownies. For most perishables, it is imperative to ship Next Day Air®, 2nd Day Air® or 3 Day Select®.

### • Take Your Temperature.

Summer heat can wreak havoc on fine chocolates. Send items that will travel well such as oatmeal raisin cookies instead of chocolate chip. Shipping experts can help you choose the best packaging to keep treats tasty and tempting.

### • Don't "Space Out."

Make sure all foods are sealed in an interior airtight container or plastic bag before putting them into a shipping box. Watch for air pockets, which can cause items to shift and/or crumble. Fill any gaps with squares of bubble cushioning so that the goodies look as good on arrival as they did when they came out of the oven. If shipping more than one item, place the heavier items at the bottom.

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