WE ENVISION A FUTURE WHERE ALL WHO SERVE BELIEVE THE AMERICAN PEOPLE CARE.
Our Mission

is to honor the service of our Military and first responders by creating opportunities to express gratitude. We believe in the spirit of volunteerism and appreciating the generosity of our supporters and partners.

Service and Generosity

Since 2003, our nationwide network of Volunteers has sent our troops and first responders 3.5 million Care Packages filled with great products and items that were handmade with love, including letters from grateful Americans. Our Care Packages are warm reminders of home, providing a huge impact on the wellbeing and resilience of those who serve and the people who support them.
Volunteers are the heart of our Care Package assembly events, Handmade With Love crafts, and letters of gratitude cherished by recipients. There are so many wonderful ways to volunteer individually, with family and friends, or with your company, and it benefits recipients and volunteers alike!

For more information about volunteering with Operation Gratitude, visit OperationGratitude.com/Volunteer

**BENEFITS OF VOLUNTEERING**

**INCREASED HAPPINESS**
Volunteers report greater life satisfaction and rate their overall health as better than those who do not volunteer.

**IMPROVED MENTAL HEALTH**
People who volunteered for at least one month reported having better mental health than those who did not volunteer.

**REDUCED STRESS**
Volunteering can counteract the effects of stress, anger and anxiety.

**SOURCE:** NAMI.ORG
IN 2022
Operation Gratitude and the American people expressed deep appreciation to all who serve by sending...

CARE PACKAGES:
87,556 DEPLOYED TROOPS
39,834 RECRUIT GRADUATES
55,584 VETERANS
75,441 FIRST RESPONDERS
19,593 BATTALION BUDDY BEARS DISTRIBUTED TO THE CHILDREN OF MILITARY FAMILIES
540,203 HANDMADE WITH LOVE ITEMS DONATED
285,000 LETTERS WRITTEN

JOIN US ON THE JOURNEY!
OperationGratitude.com