



SERVICE. GENEROSITY. VOLUNTEERISM.



2023

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

VOLUNTEERISM

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.





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