



We Care Gift Package Guidelines

Meals-on-Wheels of Greater San Diego

Thank you for your interest in our We Care Gift Package program. For each of our seniors, we deliver a gift package on their birthday to make it a special day and a holiday package during the Christmas season. For many, it may be the only present, or acknowledgement that they receive.

The program is completely volunteer-driven and relies upon the contributions of caring people in the community. To make it as easy as possible for individuals and groups to contribute to the program, we have established the following guidelines. **Please follow the guidelines so we can ensure your contribution reaches our seniors.**

1. Use a **shoe box or gift bag** for the package. See attached guidelines.
2. Cushion contents with bright tissue or wrapping paper to make it more festive.
Fill the box or gift bag with **NEW, unopened, labeled items** from the following list:

- toothbrushes and toothpaste
- sharpened pencils, pens, highlighters
- stationery, note cards
- stamped envelopes
- sport socks and/or slippers
- magnifying glasses, small first aid kits
- post-it-notes
- puzzle books! (large print helpful)
- pot holders, jar top grippers, etc.
- regular-size shampoo, conditioner, mouthwash, lotion, **soap (in Ziploc bag)**
- deodorant, travel size cotton balls, Q-tips, sewing kits and tissues.
- combs/brushes (packaged), nail clippers, emery boards

Please: NO FOOD. Many of our seniors are on special diets!!
No advertising-- especially of prescription or over-the-counter medicines.

3. Add a bright note card as a personal touch if you like. Because many of our seniors are in unique and stressful situations a **general birthday greeting** ("Happy Birthday," "Thinking of You" etc.) is most appropriate. We welcome groups placing their name on these cards.
4. Deliver completed gift packages to our main office, 2254 San Diego Avenue, or to one of our service centers. Call 619-260-6110 for the one nearest you.

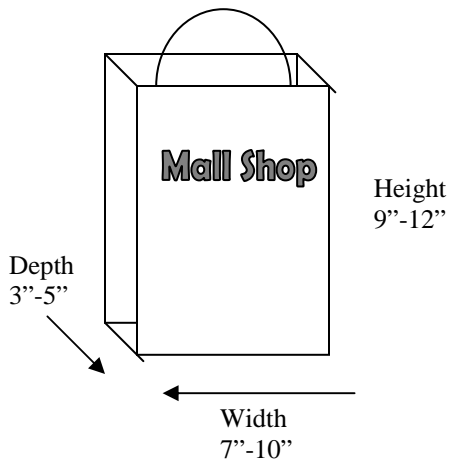
We offer community service letters for this program. It's great for families, Girl Scouts, service clubs, school groups, etc.

Join us in bringing a smile to our seniors!

* We can accept donations of completed gift packages only. We do not have the resources to store, select and assemble individual items.

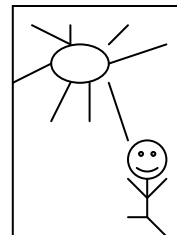
Meals-On-Wheels Creative We Care Gift Packages!

Kids get creative! Little Shopping bags get colorful!



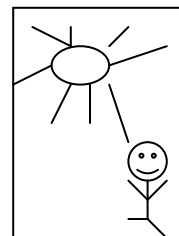
1. Save your small shopping bags from the Mall! Pick Colorful ones with handles! Not too Small, Not too Big!

2. Got Kids? Give them a piece of construction paper cut to the size of the front of the bag. It might even be 8' x 10"- How Easy! Give them crayons, may be some glue and construction paper and let them create!



3. Glue the Art work over the label (Yes, the Nordstrom labels too!) And you have a great "We Care" package Bag ready to go!

Not a Kid? No problem! The face of an old greeting card, a scrap of wrapping paper, even a pretty photo from you favorite magazine will work well too!



Old Shoe Boxes get a new life! Cover them, Color them!

Please wrap your tops and bottoms separate!
(We need to be able to peek in each box to ensure the contents haven't spilled in transit.)
Please keep in mind boot boxes too big!

