



MEALS on WHEELS
SAN DIEGO COUNTY

We Care Packages

During the Holidays and for every Birthday, Meals on Wheels and the community of generous volunteers provide our seniors with a special gift box to say, "We Care."

What are they? We Care Packages can be brightly covered plastic storage boxes or small gift bags filled with useful and fun items. Boxes can be assembled with a male or female in mind and can include a personal note of well wishes.

What goes in a care package? Suggested items: personal care items, convenience goods, and fun things! Travel sizes work best. (Must be brand new and come in the original commercial packaging...no extra- large or economy sizes.)

Socks	Post-it notes	Shampoo	Nail files & clippers
Dish towels	Stationary / Greeting Cards	Deodorant	Magnifying glasses
Potholders	Postage Stamps	Lotions	Pill Boxes
Jar openers	Toothbrushes	Small First Aid Kit	Night lights
Pens	Toothpaste	Swabs	Playing cards
Sharpened pencils	Non-Alcohol Mouthwash	Cotton Balls	Photo frames
Notepads	Floss	Combs	Tissues (small)
Envelopes	Soap	Small brushes	Cross Words/ Word Finds

PLEASE AVOID:

Razors	Candles
Aspirin, Tylenol, or Ibuprofen	Matches & Lighters
Over-the-counter Cold remedies	Flammable Liquids
Cough Drops	Nail Polish
Lipstick & Cosmetics	Rubbing Alcohol
Food Items* Any food items must be purchased through Meals on Wheels due to dietary restrictions.	



Meals on Wheels San Diego County

East County

(619) 447-8782

Metro

(619) 295-9501

North County

(760) 736-9900

South County

(619) 420-2782

(samples on back)

We Care Packages

Sample 1: Birthday or Holiday gifts Suggested 10 items per box to include the following:

- Crossword, Word Find, Sudoku: large print
- Small Tablet or magnetic notepad
- Post-it Notes
- 2 Pens
- 2 Pencils
- Toothpaste & Toothbrush
- Hand lotion
- Socks
- Forever Stamps
- Small Q-tips
- Small Cotton balls
- Deodorant
- Liquid hand soap
- Small/Medium shampoo
- Shower gel / bar soap
- Notes / greeting cards
- Band aids / small first aid kit



Sample 2: Welcome Bags

Suggested 8-10 items per bag to include the following:

- Pen
- Pencil
- Note pad / Small tablet
- Hand lotion – small or medium
- Small deodorant

