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 bag to say, “We Care.”

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.

List of suggested items include:

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

PLEASE AVOID: Candles, Razors, Nail Polish, Cosmetics, Cough Drops, Matches and Lighters, Food Items, Flammable Liquids, Aspirin, Tylenol or Medications of any kind.

For more information, please contact our Development Office at 619-260-4005.

Meals on Wheels San Diego County

<table>
<thead>
<tr>
<th>East County</th>
<th>Metro</th>
<th>North County</th>
<th>South County</th>
</tr>
</thead>
<tbody>
<tr>
<td>(619) 447-8782</td>
<td>(619) 295-9501</td>
<td>(760) 736-9900</td>
<td>(619) 420-2782</td>
</tr>
</tbody>
</table>
We Care Packages Examples

Example 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

Example 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

Revised 7/1/2018