



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 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:

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



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 619-278-4005.

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

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

