



Holiday/Birthday Care Packages for Meals on Wheels

Millions of seniors across the country are struggling with hunger, isolation and the ability to pay for their basic needs. [Meals on Wheels](#) is a nationwide network of community-based, non-profit programs dedicated to providing seniors in their communities with the support that enables them to remain living in their own homes, where they want to be. This support is typically a nutritious meal, a friendly visit and a quick safety check.

During the holidays and on birthdays, Meals on Wheels recipients are given a special gift to show that someone cares about them. Your family, your classroom or your service club can show you care by making these packages for special occasions like the holidays or birthdays.



What You Need

- Shoe box or gift bag
- Wrapping paper if using a shoe box and tissue paper if using a gift bag
- Paper, crayons, markers, stickers to make a card
- New, unopened, labeled items to fill the box/bag: (below are some sample items from a Meals on Wheels site, check with your local to see what they prefer)
 - Sharpened pencils, pens, highlighters or Post-It notes • Stationery, notecards, stamped envelopes • Sports socks and/or slippers • Magnifying glasses • Puzzle books (large print is helpful) • Shampoo, conditioner, mouthwash, lotion, deodorant, cotton balls, Q-tips, tissues • Toothbrushes and/or toothpaste • Sewing kits

***Do not include food due to many diet restrictions of the clients.**



How You Do It

- 1** Contact your Local Meals on Wheels to ask if they will accept the Care Packages and if so, what do they suggest to fill them with and when can packages be delivered.
- 2** Purchase the goodies for the package and gather other supplies.
- 3** If using a shoe box, wrap both the top and the bottom separately and use a rubber band to secure. (The staff at Meals on Wheels checks the content of packages before they are delivered so the box cannot be completely wrapped like a present.)

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- 4 Fill the box or bag and if using a bag, line with tissue paper.
 - 5 Make a simple card with a general greeting such as "Happy Birthday", "Best Wishes" or "Happy Holidays" from a caring kid/class/family.
 - 6 Deliver the Care Packages to your local Meals on Wheels.
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Before the project

READ ONE OF THESE BOOKS.

***Sunshine Home* by Eve Bunting**

This is a good story for anyone planning to visit a nursing home. Bunting's warm and heart-warming portrayal of a family facing the challenges of aging and discovering how much they need and love one another.

***Wilfrid Gordon McDonald Partridge* by Mem Fox**

This is an amazing book that connects children with seniors and sets the stage for acts of kindness. It is a poignant story of a developmentally appropriate explanation to a young boy about losing one's memory.
