

## “WE CARE” PACKAGES



Millions of seniors across the country are struggling with hunger, isolation and the ability to pay for their basic needs. Meals on Wheels North Central Texas is a local non-profit dedicated to providing seniors 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. But there are other ways to give.

Meals on Wheels and our community of generous donors provide our seniors with a special gift to say, “We Care.” Your family, classroom, or service club can show you care by donating a “We Care” package for local seniors today.

**GUIDELINES:** Bring only new items -- refer to the suggested senior care items guide below.

**PACKAGING:** Bring gifts in large reusable shopping bag with handles (approx. 13”x16”). One bag per senior adult client will be distributed.

**PACKAGE DROP OFFS:** Call the Meals on Wheels office to make arrangements for drop off delivery. 888.8MY.MEAL (888.869.6325)

**ORDER ONLINE:** You can also visit our Amazon Smile Charity List and have items shipped directly to us. <https://amzn.to/3QmmYPS>

## SUGGESTED SENIOR CARE ITEMS

### Toiletries/Hygiene Products

- Bandages (assorted sizes)
- Bar soap (6-8 pack)
- Cotton swabs
- Hand lotion (pump)
- Lip balm
- Mouthwash (alcohol free)
- Toilet paper (4 pack)
- Toothbrush (soft)
- Toothpaste (regular)

### Various Items

- Non-slip socks (all sizes)
- Large print puzzle books
- Adult coloring books
- Colored markers/pencils
- Big piece puzzle (500 piece or less)
- Placemats/Coasters

### Kitchen/Bath Essentials

- Disinfecting wipes (flat pack)
- Facial tissue (box and travel size)
- Laundry detergent pods (resealable bag)



### Incontinence Care

Only unopened packages are accepted. Deliver separately as packages are kept on hand and distributed as needed.

- Women S/M, L, XL
- Men S/M, L, XL