

# BIRTHDAY BOXES



A very special type of 'Shoe Box!'

Each year our meal recipients receive a card from Meals on Wheels on their birthday.

Sometimes, this is the only recognition they receive on their special day.

Thanks to those of you who help, we are able to deliver just a little bit more ...

their very own **Birthday Box!**

We have developed a list of goodies that can easily be assembled in a shoebox:

## Suggested items -

Hand soap or shampoo

Shave cream with disposable razor

Deodorant / lotion

Toothbrush & toothpaste

Mouthwash

Small pack of tissues

Pens / stationery

A book of stamps

Small puzzle book or word find book

Scotch tape

Nail clippers / file

Small stuffed animal

Or any other little nicety or necessity you can think of -



**Please DO NOT** include any food items or candy

(as many of our recipients are on restricted diets),

or heavily scented items (like candles or potpourri, due to allergies)



- Wrap boxes with colorful birthday paper
- Please be sure to wrap the box top ***separately*** from the bottom
- Small photo boxes work very well for this, and already come in decorative colors

605 Clay Street, Lynchburg 24504

434-847-0796