

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 can 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:

Hand soap or shampoo
Small pack of tissues
Shave cream with disposable razor
Deodorant / Lotion
Toothbrush & toothpaste
Pens / Stationery
A book of stamps
Small puzzle book or word find book
(preferably large print)

Scotch tape
Nail clippers / file
Small stuffed animal
Playing cards
Socks
Comb / Hairbrush
Nightlight
Mouthwash

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)



- Please be sure to wrap the box top separately from the bottom.
- Wrap boxes with colorful birthday paper.
- Shoe boxes work very well for this, as do small photo boxes (and they already come in decorative colors!)

Deliver to:
605 Clay Street, Lynchburg 24504
434-847-0796

Thank You!