



MILES OF SMILES

-Bag Preparation Instructions-

Miles of Smiles is Meals on Wheels Rockland's program to help homebound seniors regularly receive needed dental supplies. As poor oral health can affect the whole body, getting this supply delivery can help remind our seniors to give renewed attention to their oral care. We accept these donations throughout the year.

TO PREPARE

Fill a Quart or Gallon size Ziploc bag with the following items:

- Individually **wrapped/boxed soft** toothbrush (we cannot accept an uncovered toothbrush)
- Full size tube of toothpaste
- Floss
- Small bottle of mouthwash
- Miles of Smiles Note (printed from our website)

Each bag must contain all these items, and the bag must be able to close!

BAG DROP-OFF

Completed bags can be brought to:

Meals on Wheels
121 West Nyack Road
Nanuet
Monday-Friday 9am-3pm

COMMUNITY SERVICE

Need community service hours?
We credit 1 service hour for every 3 bags donated.

Questions?

Call: 845.624.6325

Email: Dthanksley@mowrockland.org



MEALS on WHEELS
ROCKLAND

TOGETHER, WE CAN DELIVER.