

SUNSHINE BOX INSTRUCTIONS



MEALS ON WHEELS
ROCKLAND



Sometimes no occasion is the best occasion! Getting a box of thoughtful gifts and treats out of the blue will always brighten our home delivered meal recipients day. That's why we call it "a box of sunshine".

To Prepare:

Fill a small box (no larger than a shoebox) with items that would give someone a smile.

☺ You should either wrap the box (wrap lid and box separately as MOWR needs to open and check boxes prior to delivery) or use a decorative box. Include 8 or more items from the list below in your Box of Sunshine.



Need community services hours?

We credit 1 service hour for each Sunshine Box donated

Suggested items to include:

- ☀ Personal note or card from you
- ☀ Large print word search book
- ☀ Pen and pencil
- ☀ Shelf stable snack (minimum 6 month expiration, no candy)
- ☀ Small water bottle
- ☀ Hand lotion
- ☀ Individual sized tissue pack
- ☀ 2-3 Tea bags with individual honey straws
- ☀ Chapstick
- ☀ Pair of cozy socks
- ☀ Deck of cards
- ☀ Any small item you think would bring cheer!

Questions?
Call: 845-624-6325
Email: Dthanksley@mowrockland.org



Maybe DIY'ing a puzzle (e.g. a word search) or make a coloring book?

Bring completed boxes to
Meals On Wheels
121 West Nyack Rd
Nanuet
Monday-Friday
9am-3:30pm