

# SUNSHINE BOX INSTRUCTIONS



**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.

### *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!



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



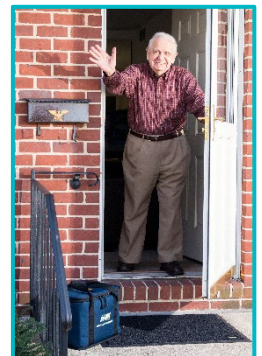
**Need community services hours?**

We credit 1 service hour for each Sunshine Box donated

### **Questions?**

Call: 845-624-6325

Email: [jestevez@mowrockland.org](mailto:jestevez@mowrockland.org)



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