



**ALAMANCE COUNTY MEALS ON WHEELS, INC.**

411 West 5<sup>th</sup> Street, Suite A, Burlington, NC 27215

336.228.8815 phone 336.228.8816 fax

[www.alamancemow.org](http://www.alamancemow.org)

Meals on Wheels needs your help! We are running low on birthday items for our birthday gift bags. Therefore, we are collecting items for our clients' gift bags which will be given to the participants with their lunch on their birthdays.

The following are suggestions that may help you or your group:

- Toothpaste
- Toothbrush (individually packaged)
- Shampoo (10-12 oz.)
- Body wash (10-12 oz.)
- Bar soap
- Notepads
- Band-Aids
- Q-tips
- Lotion (10– 12 oz.) fit in Birthday bags best
- Nail clippers
- Chap stick / Lip Balm
- Washcloths
- Shaving cream
- Small flashlights
- Tissues (small boxes or pocket pouches)
- Word search book
- Cross word puzzle book
- Deodorant
- Socks

ACMOW has approximately 30 participants needing Birthday Gift Bags each month. Please contact ACMOW at 228-8815 about dropping off your birthday items.

The Birthday Gift Bag may be the only gift that this individual receives on this special day. Thank you for considering this request.

Sincerely,

Amanda Bartolomeo  
Executive Director