



1 IN 4 SENIORS
LIVES ALONE



Contact Us

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1 IN 5 FEELS LONELY

and social isolation among older adults is associated with
an extra **\$6.7 BILLION** in Medicare spending each year



21st Annual Holiday Gift Box Program

Delivering to Clients:
December 19-22, 2023



Items will be wrapped &
packed at our office from
December 14-15, 2023
from 8:00 a.m. to 4:00 p.m.

About the Program:

1. How it Works:

Each year, Meals on Wheels South Florida selects 100-150 home-bound senior clients to receive a holiday gift box filled with personal care items and other necessities.

2. Items Needed:

For men & women:
Shampoo/conditioner
Toothbrushes/toothpaste
Hair brushes & combs
Face/body lotion
Bar/body soap
Dish-washing soap
Hand soap
Deodorant & more

3. Volunteers Needed:

- Sort the items
- Wrap & pack boxes
- Deliver to each client



9 OUT OF 10
say Meals on Wheels helps
them live independently

How to Participate:

Individuals or corporations wishing to help support this program may make financial or in-kind gifts directly to Meals on Wheels South Florida.

Please deliver items to our office by December 8th.



Questions? Contact Marlene Gray at mgray@mowsoflo.org or 954.714.6924.

About Us:

Founded in 1984, Meals on Wheels South Florida provides nutritious meals, safety checks, and friendly visits to South Florida's senior community.

Our programs and services include home meal delivery, grocery shopping assistance, nutrition education, meals and grooming for companion pets, and more.



Seniors on fixed incomes are especially vulnerable to increases in inflation and cost of living.
THE US IS CURRENTLY EXPERIENCING THE HIGHEST INFLATION IN 40 YEARS.