



Meals on Wheels of Wake County

Gratitude Kit

These Gratitude kits will be distributed to all senior citizens who receive meals from MOW each week. **Any quantity you can make would help.** It is important that your kit includes all of the requested items and that they are unopened and full. Choose **at least 3 items** from the list below to go into each kit:

- Gallon Zip Lock Bag
 - Trash bags
- Toilet tissue (4 Pack)
- Small Dish detergent
- Cleaning Sponge