

-- Complete and bring with gifts --

Organization: _____

Contact Name: _____

Email: _____

Phone: _____

Mailing Address: _____

_____ Zip _____

of bags _____

Drop off locations:

Drop off between November 28 – December 9

- **CAC / Ross Building**, 2247 Western Ave.
Nutrition Services / Mobile Meals
MAIN ENTRANCE (call 524-2786 on arrival)
Monday – Friday 8 am – 4:30 pm
- **Grayson Subaru** 8729 Kingston Pike
Monday-Friday 9am – 8pm Saturday 9am – 6pm



**Holiday Gift Bags for
Knox County Homebound Seniors**



***Brighten the holiday for homebound seniors
by donating gift bags***

CAC Mobile Meals serves nutritious noontime meals every Monday – Friday to 1,100 seniors in Knox County who are unable to cook for themselves. **Volunteers also deliver on Christmas day each year.**

Through generous contributions from our community, meal **recipients receive a generous holiday bag** filled with a variety of useful gifts. Our volunteers who deliver the meal and gift bag may be the only people these clients see on Christmas day.

Would you like to donate holiday gift bags to brighten Christmas morning for homebound seniors? If so, **suggested items to purchase, guidelines, and information** are enclosed. When dropping off your gift bag(s) please **complete and include the contact form** (on back) with your donation.

Mobile Meals always needs help with meal delivery.

The busy holiday season can be particularly challenging. **Consider scheduling a time for your family, friends, or group to volunteer** to deliver a meal and smile to some of our most vulnerable neighbors. **Make a difference in their lives, and yours!**

For questions about holiday gift-giving, or to volunteer call (865) 524-2786, or email: MobileMealsVols@knoxseniors.org

SUGGESTED GIFT SELECTIONS

Please include 1-3 items from each category in gift bag

Please separate gifts by male, female, or either

“Utility”

- Magnifying glass
- Large pens
- Stationery/ envelopes / stamps
- Small notepads
- LARGE PRINT :
Crossword books, Word Search,
Magazines, Books, Playing cards
- Clocks (large numbers)
- Watches (large numbers)
- Flashlight
- Batteries
- Night light
- Pill boxes
- Adult coloring book / crayons

“Personal Care”

- Lip balm
- Bars of Soap
- SMALL SIZE
(mini or no more than 8 oz.):
 - Lotions
 - Body Wash
 - Shampoo / Conditioner
 - Powder
 - Hand sanitizer
 - Shave gel

“Grooming”

- Combs
- Hairbrushes
- Toothbrushes
- Toothpaste
- Nail clippers/files
- Tissues

“Home & Kitchen”

- Hand towels
- Washcloths
- Dish towels
- Dish liquid
- Sponges
- Plug-in air freshener
- Refrigerator magnets
- EZ Open Jar opener
- Can opener – soft grip
- Jar Gripper pads

“Comfort”

- Throws (lap robes)
- Socks (non-skid soles)
- Scarves
- Gloves
- Hats
- Small umbrellas
- Face masks

2022 Guidelines

Bring only new items –use the suggested gift selection category guide to help balance your gift.

Bring gifts:

- in small – medium sized gift bags (preferred),
max. bag size 13” x 11”
- or unwrapped

Mark gift bags:

- Male, Female, or Either

Do not include:

- Food items
- Candles
- Glass items
- Clothing (sizes uncertain)

***Lotions, shampoo, body wash etc. should be no more than 8 oz. bottles** (large bottles can be difficult to lift)

Gift drop-off locations and times:

Monday, November 28 – Friday, December 9

CAC/ Ross Building, 2247 Western Avenue
Curb side @ Main entrance – call 865-524-2786
Monday through Friday 8 am- 4:30 pm

Grayson Subaru, 8729 Kingston Pike
Monday through Friday 9 am–8 pm
and Saturday 9 am–6 pm. Closed Sunday

(Complete contact form on back and leave with your gifts)