

# BRIGHTEN A SENIOR'S CHRISTMAS MORNING

Holiday gift bags are needed for **Mobile Meals**, who will be delivering hot, delicious meals to over 700 homebound seniors in Knox County on Christmas morning.



Donate gift bags between  
Dec 2 - Dec 16





**L.T. Ross Building**  
2247 Western Ave.  
Mon - Fri  
8am - 4:30pm

**Grayson Subaru**  
8729 Kingston Pike  
Mon - Fri 9am - 8pm  
Sat 9am - 6pm

[knoxseniors.org](http://knoxseniors.org)  [@KnoxCountyMobileMeals](https://www.facebook.com/KnoxCountyMobileMeals)

# Suggested Gift Selections

Please include **1-3 items** from each category

 <b>Utility</b>	Magnifying glass, large pens, stationary, notepads, large print puzzles and books, flashlights, batteries, night light, pill boxes, coloring books and supplies
 <b>Personal Care</b>	Lip balms, bars of soap, small size toiletries ( <b>less than 8oz</b> ), combs/brushes, toothbrushes and toothpaste, nail clippers/files, tissues
 <b>Home and Kitchen</b>	Hand towels, washcloths, dishtowels, dish liquid, sponges, plug-in air fresheners, fridge magnets, jar openers, soft-grip can openers
 <b>Comfort</b>	Throws (lap robes), socks (non-skid), scarves, gloves, hats, small umbrellas, face masks



Mark each bag as **Male, Female, or Either**.



Package gifts in a **small or medium gift bag** (no larger than 13"x11").



**Do not include** food items, candles, glass, or clothing in your gift bags.



**New items only.** Handmade items (scarves, blankets, etc) are welcome!

## How will my donation be used?

While the holidays are considered a time to come together, many homebound and socially isolated older adults are unable to gather with loved ones to celebrate the season.

Each year, Mobile Meals volunteers dedicate their Christmas morning to delivering nutritious meals and warm holiday greetings to homebound seniors across Knox County.

In addition to a meal, each senior receives a holiday gift bag generously donated by you and other friends in the community. For many, this may be their only visitor that day.

**We are recruiting volunteer groups to help organize donated gifts between Dec 17-20.** If you have a group interested in volunteering, reach out to [sara.keel@cacnutrition.org](mailto:sara.keel@cacnutrition.org).

Volunteers are needed to deliver meals all holiday season. Visit [knoxseniors.org/mobile](http://knoxseniors.org/mobile) to learn how to join our family of volunteers.



If you would like a receipt of your donation, please **complete the form below** and bring with your gifts.

Organization: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

# of bags: \_\_\_\_\_

*All receipts will be mailed to the address listed above.*

**Thank you for supporting homebound older adults in our community.**

Call **(865) 524-2786** or email **[sara.keel@cacnutrition.org](mailto:sara.keel@cacnutrition.org)** with any questions

