



Meals On Wheels
Meals are just our first course!

Miles of Smiles!

Earn Volunteer Hours

With Meals on Wheels
“Miles of Smiles”
Senior Dental Program

Create a bag filled
with all the products
a senior needs for a
healthy smile.

3 Bags = 1 Hour of Volunteer Work

Inside the **Quart size Ziploc bag** be
sure to include:

- **Soft tooth brush**
- **Toothpaste**
- **Floss**
- **Mouth wash**
- **A Miles of Smiles Flyer**
(We provide this)

Arrive with
completed volunteer
application (signed
by your parent/ legal
guardian)

We can provide you
a letter!



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