

# Miles of Smiles Instructions



Oral health affects the whole body! Poor oral health can cause cavities, tooth loss (affecting the ability to properly eat food) and even infections in the body. Help us remind our seniors to give extra attention to their oral care with Miles of Smiles bags.

## To prepare:

Fill a **Quart Size Ziploc Bag** with all of the products a senior needs to maintain a healthy smile 😊

## Each bag must contain:

- Soft tooth brush
- Full size tube of toothpaste
- Floss
- Small bottle of mouthwash
- Miles of Smiles Flyer (Printed from our website)

Completed bags can be brought to  
Meals On Wheels  
121 West Nyack Rd  
Nanuet  
Monday-Friday  
9am-3:30pm

**Need community service hours? We credit 1 service hour for every 3 bags donated.**

Questions? Call 845-624-6325 or email [info@mowrockland.org](mailto:info@mowrockland.org) for assistance.



## Miles of Smiles!



**Meals On Wheels**

*Meals are just our first course!*  
[www.mowrockland.org](http://www.mowrockland.org)