



CARE PACKAGES FOR FAMILY, FRIENDS & FRONTLINE WORKERS

WHAT YOU'LL DO

SHOW PEOPLE HOW MUCH YOU CARE WITH A CUSTOMIZED CARE PACKAGE!

WHAT YOU'LL NEED

- Any kind of box or basket
- Paper & markers, pencil crayons, anything to write with
- Stuff to fill your basket. Here are a few suggestions:

WELLNESS CARE PACKAGE

- Vitamin C & Zinc lozenges
- Candied ginger or other healthy snack
- Hand sanitizer
- Essential oils
- A hand-written note with wellness tips
- Adult coloring book + pencil crayons

PAY IT FORWARD PACKAGES FOR FRIENDS

- A good book
- A candle
- Snacks - chocolates, popcorn, chips, gum
- A hand-written note challenging your friend to pay it forward by making care packages for 3 more people.

FRONT LINE WORKERS CARE PACKAGE

- Hand cream and/or hand sanitizer
- Mask or other personal protective equipment
- Powerbank/back up phone charger
- Something to snack on
- Gift card to a meal delivery service such as Freshly
- A hand-written note of gratitude

DON'T FORGET TO TAKE PICTURES!

We love to share stories of our friends practicing Everyday Kindness! Tag us [@perfectworldfdn](https://www.instagram.com/perfectworldfdn) on Instagram and use the hashtags [#EverydayKindness](https://www.instagram.com/EverydayKindness) and [#IAPWEveryday](https://www.instagram.com/IAPWEveryday) so we can see your beautiful creations!

