MEALS on WHEELS
SACRAMENTO COUNTY
PROJECT WARM WISHES

GUIDELINES FOR HOMEMADE, HAND-KNIT SENIOR GIFTS

To ensure every gift is useful, comfortable, and well-suited for *all* seniors, please follow the guidelines below for Project Warm Wishes homemade, hand-knit items.

ACCEPTABLE ITEMS

We will accept the following **NEW** handmade, knitted items:

- **Full scarves** – long enough to wrap comfortably around the neck
- **Lap blankets** – sized to cover the lap and legs comfortably while seated.
- **Beanies** – warm, comfortable hats that fit securely without being too tight.
- **Fingerless mittens/gloves and wrist warmers** – keeps hands and wrists warm while allowing fingers to remain free for everyday tasks.
- **Shoulder Wraps/Shawls** – practical shawls that provide warmth over the shoulders.
- **Simple knitted cowls and neck warmers** – compact alternatives to scarves that should be easy to put on and remove and not constrict the neck.
- **Leg warmers** – can provide an additional layer of warmth indoors or outdoors. Ensure they are not tight or restrictive
- **Ear warmers and headbands** – useful for recipients who prefer not to wear a full beanie.

Please note: Project Warm Wishes will not accept any used/gently used items.

YARN & MATERIALS

Please keep in mind that many seniors have skin that is thinner, drier, and more sensitive.
Softness and comfort make a meaningful difference in whether or not the items are truly useful for seniors. Your **thoughtful choice of yarn** helps ensure that each handmade gift brings warmth, and also comfort. Please follow the guidelines below when selecting yarn:

- Use soft, comfortable yarn that feels gentle against the skin.
- Choose washable, durable yarn that can withstand regular use
- Avoid scratchy, stiff, fuzzy, or shedding yarn.
- Ensure all finished items are free from smoke, strong fragrances, and pet odors and hair

COLORS & DESIGNS

All items must be **gender-neutral** to be suitable and align with the goals of Project Warm Wishes.

- Recommended colors include navy, gray, charcoal, cream, beige, brown, forest green, burgundy, and muted blue.
- Solid colors, stripes, simple textures, and classic patterns are ideal.
- Simple, classic designs are suitable for all recipients.

DECORATIVE ITEMS & EMBELLISHMENTS

For comfort, safety, and **gender neutrality**:

- **No decorative pin-on accessories:** pins, brooches, etc.
- **Please avoid embellishments** such as sequins or beads. Functional buttons *are* permitted when needed to secure the item on the body.
- To ensure **senior safety**, no pom-poms, long fringe, dangling decorations, or other features that could **snag on wheelchairs, mobility/medical equipment, clothing, jewelry, etc.**
- Please avoid fashion-oriented/decorative neck wraps and fashion-oriented neck wraps and accessories.

Note: All items should prioritize warmth and practicality.

SAFETY & COMFORT

- Scarves should be comfortable around the neck without excessive bulk.
- Beanies should fit comfortably without tight bands or restrictive seams.
- Lap blankets should provide warmth without being excessively heavy or difficult to manage
- Shawls should be large enough to drape comfortably over the shoulders and stay manageable during everyday activities.
- Avoid loose loops, holes, and sharp or protruding features.
- Please ensure all items are free of stains, loose ends, unpleasant odors, and other defects.

PACKAGING

- There is no need to wrap, package, or bag items individually.
- Please submit your handmade gifts unwrapped and ready for distribution. Your time, care, and craftsmanship are the gifts that matter most!

Thank you for supporting Project Warm Wishes and for helping make life a little cozier for homebound seniors.