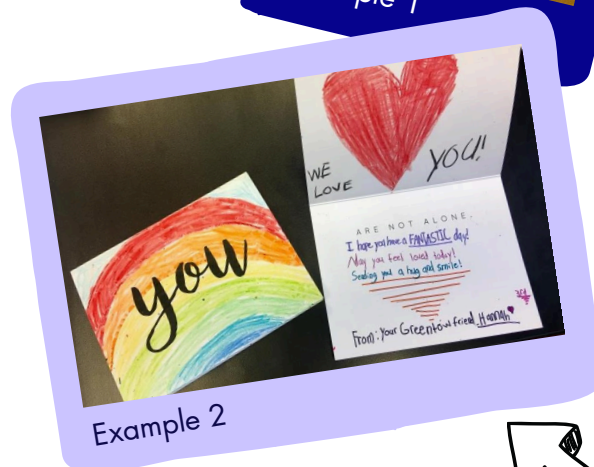


## Guidelines for Decorating

# ENCOURAGEMENT NOTES

Compassion Delivered prepares and delivers meals to people in our community who are coping with life-threatening illnesses such as cancer, heart disease, ALS, MS, and end-stage renal failure. Many live alone and have little opportunity to visit with people. By writing encouragement notes, people like you help remind our clients that they are appreciated, loved, and cared about.

We love creativity! So we can't wait to see what you come up with. ***Please wash your hands or use sanitizer before decorating.***



## WHAT WE LOVE!

- Positive words of affirmation and encouragement.
- Use pens, markers, colored pens.
- Our meal recipients love to know who made their notes so feel free to write your first name, age, and/or grade on the bag.
- If you want to use stickers or affix anything to the note, please make sure it's completely stuck on with no chance of falling off.
- Have fun! Be creative!

## WHAT TO AVOID

- Do not write messages specific to certain illnesses or diseases since we will be putting them randomly into the delivery bags.
- Do not use glitter, pastels, chalk, tempera paints, or other materials that may rub off.
- Do not make them holiday specific as we will be using them all year.
- **Please no last names, school/business names, or any other personal information.**

## NOTES

Once the notes are finished, we can arrange for a pick-up or a porch drop off. Also, please indicate your name/group/school when returning them so we can recognize the work! And be sure to take photos, we'd love to share them on our FACEBOOK and Instagram accounts. Thank you again!

Amanda Anschutz  
CEO/Co-Founder

If you have any questions, please feel free to call/text me:  
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