



PRESS RELEASE

Meals on Wheels Diablo Region Request Emergency Kit Donations for National Preparedness Month

Californians have dealt with numerous disasters over the years, and the billowing smoke coming from the Caldor Fire near Lake Tahoe is a continuous reminder that a disaster can strike at any time. Being prepared means having a plan in place and an emergency kit stocked. As part of National Preparedness Month, Meals on Wheels Diablo Region is collecting items to build emergency kits for our senior clients. We are requesting flashlights, batteries, personal first aid kits, medication organizers, whistles, blankets, waterproof ponchos, note pads and pencils, manual can openers, and plastic bags.

Donations can be sent directly to Meals on Wheels Diablo Region through an online retailer or can be dropped off in person at MOW Diablo Region, 1300 Civic Dr., Walnut Creek, between the hours of 9 am–4 pm, Monday through Friday. View our [Amazon Smile page](#) to view items.

To learn how to be prepared for natural disasters, visit the Federal Emergency Management Agency's Ready campaign at www.ready.gov or www.listo.gov for Spanish-speakers for free information and resources.