



# Breakfast Bags

In addition to weekday lunches, Meals on Wheels delivers Breakfast Bags to our most food insecure seniors. 100% of these nonperishable meals are donated by groups and individuals like you. Our goal is to serve 1,000 Breakfast Bags weekly.

Here's how you can help:

**Decorate brown lunch bags**, using your creativity to help brighten the seniors' day.

**Fill each bag** with one each of the following:

(All items must be pre-packaged, nonperishable individual servings)

- 1 box of raisins
- 1 packet of instant oatmeal
- 1 peanut butter or cheese cracker sandwich packet
- 1 breakfast or cereal bar (no hard granola bars)

**Roll each filled bag (burrito style)**

**Place all rolled paper sacks into one larger plastic bag**

## **Breakfast Bag Drop Off Locations**

The Woodlands Campus - Volunteer workroom located next to the Administrative offices (south end of the main building)

Woodforest Campus – Large grey tub on Front Porch or Administrative office