



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)

- 1-2 packet(s) of **plain**, instant oatmeal
- 1 soft breakfast or cereal bar (no hard granola bars)
- 1 peanut butter or cheese cracker sandwich packet
- 1 small cup of peanut butter
- 1 juice box or single packet of instant coffee or tea bag

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 wooden cart inside Woodforest front doors or Administrative office