

Breakfast Bags

for homebound seniors



MEALS on WHEELS
MONTGOMERY COUNTY



How does it work?

- 1** Decorate a paper lunch bag with drawings, quotes, or jokes!
- 2** Choose 4 of the following, pre-packaged items to go in each bag:
 - (1) Packet of plain, instant oatmeal or grits
 - (1) Soft breakfast bar
 - (1) Small cup of peanut butter
 - (1) Pack of cheese or peanut butter crackers
 - (1) Snack-size box of raisins
 - (1) Small pack of goldfish or cheez-its
 - Packets of instant coffee or tea bags

Drop off finished bags at:

Meals On Wheels-
Montgomery County
111 S 2nd St.
Conroe, TX
M-F: 11-2

Questions?

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