

# 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:
  - (1-2) Packet(s) 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) Juice box or single packet of instant coffee or a tea bag  
(*must be individually packaged*)

## Drop off finished bags at:

Meals On Wheels-  
Montgomery County  
111 S 2nd St.  
Conroe, TX  
M-F: 11-3

*Questions?*

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