

**MEALS on WHEELS<sup>®</sup> MONTGOMERY COUNTY**

# THANKSGIVING MEAL BAGS

## for Homebound Seniors

Decorate and fill a paper grocery bag to provide a Thanksgiving meal for local, homebound seniors! Follow the steps below to provide a complete meal!

### Choose a protein:

- Hormel Compleats- Turkey & Dressing
- Hormel Compleats- Chicken Breast & Mashed Potatoes

### Add two sides:

- Mac & Cheese- Individual, Microwaveable
- Stovetop Stuffing- Microwaveable(if available)
- Instant Mashed Potatoes- Individual cups

### Add a veggie (or two):

- Green Beans- canned
- Sweet Potatoes- canned

### Add a dessert:

- Applesauce
- Cranberry Sauce

### Add a drink:

- Packets of hot cocoa, apple cider, or instant coffee

**Pre-packaged & shelf stable items listed, ONLY, please.**

Personalized cards can be included in each bag.

Drop off bags at MOWMC by November 15th.



### DROP OFF

111 S. 2nd St.  
Conroe, TX 77301  
M-F: 10am-3pm

Questions? Email Tasha at  
[natasha@mowmc.org](mailto:natasha@mowmc.org)



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