

Breakfast Bags

for homebound seniors



MEALS on WHEELS
MONTGOMERY COUNTY



How does it work?

- 1 Decorate a paper lunch bag with drawings, quotes, or clean jokes!
- 2 **Choose 4** of the following, pre-packaged items to go into 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 sandwich crackers
 - (1) 100% juice box or single packet of instant coffee (must be individually packaged)
- 3 Roll the lunch bags like a burrito for compact storage
- 4 Stack your rolled bags

Drop off finished bags at:

Meals on Wheels
Montgomery County

111 S 2nd St
Conroe, TX 77301

M-F: 10-3

Questions?

Contact Natasha at
natasha@mowmc.org
936-271-2184

Decorate



Fill



Burrito Roll



Stack



Please do not include religious or political messages