



# BREAKFAST BAG PROGRAM



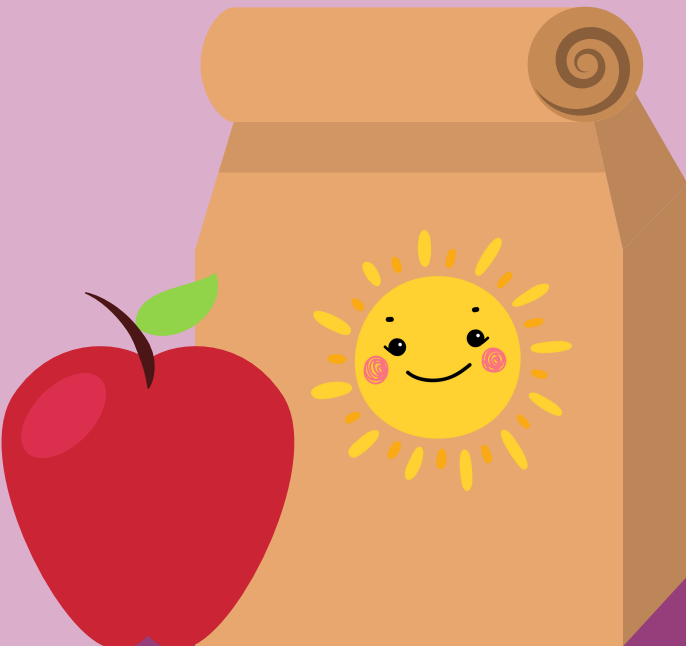
Our **Rise & Shine Breakfast Bags** provide vital nutrition for local families. **Everyone deserves a great start to their day!** Help the community that we serve by packing Breakfast Bags in your home.

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feed lives . fuel futures



## Healthy options to include

- small box of Cheerios
- box of shelf stable milk like Parmalat
- small bottle of water
- granola or protein bar
- clementine
- plastic spoon
- napkin



Please use this link to [sign up](#) for a drop off date. Thank you!

Questions? Contact Volunteer Liaison Sandra (Sami) at [Sandra@nourishnj.org](mailto:Sandra@nourishnj.org)