



BREAKFAST BAG PROGRAM



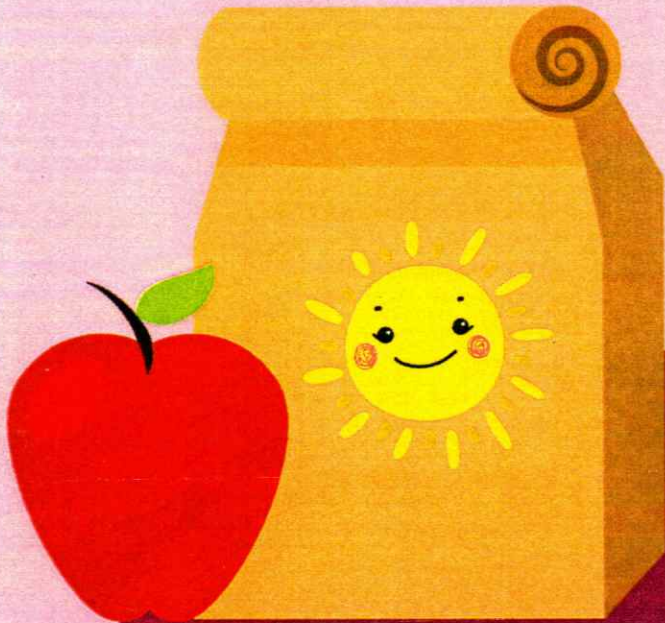
Our **Rise & Shine Breakfast Bags** provide vital nutrition for local families. **Everyone deserves a great start to their day!** Help the community that we serve by packing Breakfast Bags in your home.

nourish.NJ
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



Questions? Contact Volunteer Liaison Sandra (Sami) at Sandra@nourishnj.org