

Spark the Spirit - OF GIVING -

Breakfast Bags

TO BENEFIT RONALD MCDONALD HOUSE, YOUR
LOCAL FOOD BANK, OR SCHOOL

INSTRUCTIONS

1. Wash your hands. (The bags may be going to family members of a sick child that may have a fragile immune system, so please work with clean hands.)
2. Decorate a brown paper bag.
3. Fill the bag with shelf-stable, healthy items like:
 - Breakfast bars
 - Bananas or oranges
 - Oatmeal packets
 - Whole wheat bagels
 - Granola

*Be sure to include utensils and napkins if needed.
4. In advance, contact your local Ronald McDonald House, food shelf, or school to ask about what needs they have and delivery instructions.

TALKING POINTS: ILLNESS/FOOD BANK

- A Food bank has food for people that need help getting food for their families.
- Grocery stores, restaurants, families, farmers, and other businesses can donate food to food banks.
- How can we help sick people feel better? What cheers you up when you're feeling ill?
- Do you know someone who is sick and could use some cheering up?



KINDERBERRY HILL
CHILD DEVELOPMENT CENTERS

