

VOLUNTEERS WANTED!

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, chock full of the stuff we all crave.



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

nourish.NJ
feed lives . fuel futures



Please use this link to [sign up](#) because we need to manage our limited storage space and make sure someone will be here when you drop off. Thank you!!!

Questions? Contact Volunteer Liaison Julie Hess at julie@nourishnj.org