

How to make **Breakfast Bags** for Elderly Shut-Ins and Homeless

STEP 1 - get stuff

You need to buy (seek donations) the following items:

100% juice boxes
tea bags or individual instant coffee packets
oatmeal packets and/or small cereal boxes
granola bars or breakfast bars
cheese or peanut butter crackers
packs of raisins OR fruit cups OR pudding cups
hard candy
plastic "baggies", twist ties or stapler

***** (PLEASE do NOT include: fresh fruit, muffins/danish, *applesauce (NO!) cups w/ alum. tops*, or juice pouches)

STEP 2 - get help :) Gather a group of friends to pack the bags! Have the kids (or adults) draw pictures or write notes such as "Have a great day", "Thinking of you", "Have a happy day", etc.

STEP 3 - drop them off

Bring the bags to:

A) Aid For Friends headquarters: 12271 Townsend Rd Phila PA 19154

B) To the cemetery garage at St. Denis. They will be distributed by our visitors to their clients. Look for a large Rubbermaid marked "Breakfast Bags" (or anything "Aid for Friends").

www.aidforfriends.org

THANK YOU !!!!!!! It makes a BIG difference !