

VOLUNTEERS WANTED!

Whether in the classroom or Zooming from the couch, our **Rise and Shine Breakfast Bags** provide vital nutrition so kids can focus and learn. **You can make a difference in a student's education!** Help local children in need by packing Breakfast Bags in your home, chock full of the stuff kids crave.



Rise & Shine BREAKFAST — BAG — PROGRAM

Each bag should include - and don't go rogue on us - please stick with the list!

- small box of cereal
- box of shelf stable milk like Parmalat
- 100% fruit juice box or small bottle of water
- granola bar
- fruit cup
- 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 Coordinator Julie Hess at julie@nourishnj.org.