



Breakfast Bags

Breakfast Bags provide a healthy grab-and-go option for families to pick up as they head out in the morning for the hospital or medical appointments. **Be Creative and Have fun.**

What's in a Breakfast Bag?

Breakfast bags vary in selection, below are suggestions on what to include in a breakfast bag.

Main item, 1-2 of the following:

- Individual box of cereal
- Pop Tart
- Cereal or Granola bar
- Instant Oatmeal packet

Fruit item, one of the following:

- Applesauce cup
- Fruit cup
- Fresh fruit

PLUS:

- Bottled water or Juice Box
- Plastic spoon & napkin

What does a Breakfast Bag look like?

Breakfast Bags are brown or white paper lunch bags that are decorated on each side with markers, stickers, or color crayons.

The purpose of decorating the bags is to make them appealing and/or entertaining for families.

Directions for decorating bags

Decorate the outside of the paper lunch bag.

Make it colorful, leave inspirational messages, add stickers, drawings, or make it a seasonal theme.

Due to the range of spiritual beliefs at the house, please avoid using messages that are overly religious in nature.

Ideas for decorating bags

- "Have a great day" messages inside the bag
- Jokes and Stickers
- Seasonal pictures
- Make it a "holiday" theme

Bags can be dropped off at the Hospitality House
(1815 S Ponce de Leon NE, Atlanta)

during regular business hours, 9 a.m.-5 p.m.

Due to COVID, visitors are not allowed in the House at this time.

Please call **404.377.6333** or email **mike@atlhhh.org** for more information