

July Mitzvah of the Month:

BREAKFAST TO GO



Many children and families go without breakfast. With a bagged meal you've assembled, families will get a nutritious food and will be emotionally equipped to begin their day.

PLEASE WEAR GLOVES AND MASKS WHILE PREPARING THE BAGS.

MATERIALS

- Single-serve cereal boxes
- **SHELF STABLE Individual Serving Boxed Milk - ultra high temperature pasteurized (UHT) such as Organic Valley, Milk Boxes, Shelf Stable Milk & Horizon Organic Milk Boxes**
- A plastic spoon
- A napkin
- A small drink (water, a juice box)
- A small piece of fruit for dessert (orange, nectarine, peach or apple)
- Granola bar
- Lunch-sized paper bags
- Markers or stickers to decorate the bags



INSTRUCTIONS

- Decorate the paper lunch bags with colorful designs/stickers and positive messages.
- Tape/staple the bags closed.

Drop bags off on Tuesday, July 27; Wednesday, July 28; or Thursday, July 29, between the hours 9 AM—1 PM and 1:30—3:30 PM on a cart outside the Temple entrance.

There can be no joy without food and drink." ~ Talmud, Mo'ed Katan