

**HELP COUNTY OPPORTUNITY COUNCIL COLLECT**

# *Rise & Shine Breakfast Bag Donations!*

**1** Purchase pre-packaged, non-perishable foods and a clear gallon zip lock bag (see list below).

**2** Assemble as many as you want!

**3** Drop off at the HELP Center at 194 Commerce Circle in Bristol on Mondays 12-4 PM, Wednesdays 9 AM-12 PM, and Thursdays 9 AM - 12 PM.

**Every bag should have 6-8 items from the list below.**

Please NO homemade food, no items that need refrigeration, no items that need a can opener, and no glass containers.

- Breakfast Bar
- Instant Coffee
- Oatmeal
- Raisins
- Individual Tea Bags
- Individual Crackers
- Dried Fruit
- Fruit Juice
- Nuts

Contact Amanda Musselman at [amusselman@bcoc.org](mailto:amusselman@bcoc.org)  
or call 215-345-8175 ext. 223 for more information!