

# Sunflower Sacks

*Putting some sunshine in our guests' day!*



## What:

Many of our guests spend long days in the hospital and at appointments. They might miss a meal or can't make it to the cafeteria. A Sunflower Sack helps provide an easy snack for them to bring with them and enjoy!

## How You Can Help:

- 1** Purchase paper lunch bags (any brand).
- 2** Decorate them! Be creative, have fun, make them special! Add messages, fun jokes, artwork, stickers...you name it!
- 3** Fill them with items like:
  - Water Bottle (8oz)
  - Applesauce & Spoon
  - Beef Jerky Sticks
  - Fresh Fruit
  - Fruit Leather
  - Granola Bars
  - Oatmeal Packets
  - Sandwich Crackers
  - Mac n' Cheese cup
- 4** Drop them off at Nora's Home!  
8300 El Rio St.  
Houston, TX 77054

## About Us:

Since 2013, Nora's Home has been offering transplant patients and their families an affordable place to stay where they can find support and share experiences with others, in the comfort of a home-like environment.



## Contact Us:

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