

CHS and The Mustard Seed

A really impactful activity at CHS is connecting with the Mustard Seed and assembling breakfast bags.

You have some flexibility with what you put in your breakfast bags. Please choose one item from each category. If there is only one item listed, it is something that the Mustard Seed team would really like you to include. Each bag can have:

Cutlery	Oatmeal	Shelf-Stable Beverage	Fruit
<ul style="list-style-type: none">- 1 spoon (plastic or bamboo)	<ul style="list-style-type: none">- 2 instant oatmeal packs	<ul style="list-style-type: none">- Milk2Go Milk (200 ml) or other shelf-stable milk- Meal replacement drink such as Boost or Ensure (these are generally more expensive and will increase your overall cost)	<ul style="list-style-type: none">- Unsweetened applesauce cup- Mandarin orange- Apple

If you have a larger budget or cannot find one of the items above you can add:

- A high protein granola bar
- Bottled water

Your budget will determine how many bags you will make. Generally we aim to make between 50-60 bags. Here is a sample grocery list for 54 bags:

- 108 packs of instant oatmeal
- 54 spoons
- 54 beverages
- 54 applesauce cups/orange/apples

Any extra supplies can also be donated to the Mustard Seed.