



Breathing Room  
Foundation

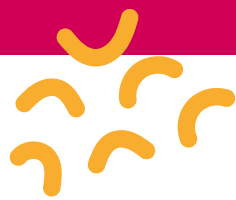


# CALL FOR

# SUMMER

# SNACK BAGS

Many of our snack bag donations are provided by groups who primarily meet during the academic year – schools, scouting groups, teams, and more. If you have some spare time and can gather your community or even do a few on your own, Breathing Room families can use your support all year long!



To make snack bags: add 3 or 4 individually wrapped snacks with a handmade note to a quart size ziploc bag. The snacks may include: granola bars, Goldfish, cookies, raisins, pretzels, etc. Your colorful handwritten “Have a Good Day” or “Thinking of You” note helps Breathing Room families know they have support during their cancer fight.

# ★ HOW SNACK BAGS HELP BRF FAMILIES ✨

The Breathing Room Foundation (BRF) is a nonprofit that provides comfort and support for families affected by cancer. Our mission is to provide those affected by cancer with personal, individualized support to alleviate the emotional, physical, and financial strain that a cancer diagnosis brings. It is our goal to ensure our families have the "breathing room" they need to allow them to concentrate their efforts on regaining their health.

Snack bags are included in every care package sent to our BRF families. They are an easy to grab, already prepared snack that recipients can grab on their way to treatment, toss in a kid's backpack, or have when they don't have the time or energy to deal with meal prep or grocery shopping. This provides that little bit of 'breathing room' we strive to share with every family facing a cancer diagnosis.

## QUESTIONS?

For more information, please contact [jaci@breathingroomfoundation.org](mailto:jaci@breathingroomfoundation.org) or (215) 277-1006.

The BRF office is located at 8310 Brookside Road in Elkins Park, on the St. James Catholic Church campus.

Snack bags can be dropped off on our back porch at any time. ✨

