



YOU'VE GOT IT IN THE BAG!

We appreciate you making sack lunches for shelter residents!

We feed 220 people three meals/day at two shelters. Sack lunches make great meals that are safer to distribute during COVID.

You will buy the ingredients, prepare the sandwiches and pack the bags in your own space where no-one is experiencing COVID-19 symptoms, then deliver to our shelter teams to distribute to residents. We recommend that you make 25% PB&J and 75% meat.

Supplies to Shop For:

- ♥ Small paper sacks (and a thick Sharpie to label)
- ♥ Disposable paper napkins
- ♥ Sliced sandwich bread (240 slices of white)
- ♥ Peanut butter (1 XL container)
- ♥ Jelly (1 XL jar)
- ♥ Pre-sliced Monterey Jack cheese (2 slices/sandwich)
- ♥ Pre-sliced ham or turkey (2 slices/sandwich)
- ♥ Lettuce (1 large leaf/meat sandwich)
- ♥ Single-use mayo/mustard packets (1 each/bag)
- ♥ Fruit: apples and oranges (1/ bag)
- ♥ Cookies/Brownies (home baked or store bought): 1 per bag (2 if small)

Of course you can alter this basic recipe to suit your taste and available ingredients.

We suggest shopping at a restaurant food supply store like [Smart Foodservice](#) where you can buy in bulk and get everything in one stop. Cost estimate: \$100.

QUESTIONS? Contact Shawna by text, email or phone:

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