

# NON-PERISHABLE LUNCH KIT

Making non-perishable lunches for the residents at our local shelters can be a fun and rewarding experience for you and your family!

Lunch is an important meal for everyone, providing all the necessary nutrients to give your body and brain the energy it needs to concentrate and stay focussed.

Brown bag lunches are easy to distribute meals for our local area shelter residents that leave during the day and are in need of a quick, nutritious meal (that does not need to be refrigerated), to keep them going throughout the day.

Want to give back? Contact us at [pwnpcharity@gmail.com](mailto:pwnpcharity@gmail.com) for more information!



## Ingredients and Tools

- 50 - XL brown lunch bags (Size:12x 6x 4 in.)
- 50 - tuna or chicken salad kits
- 50 - individually wrapped snacks
- 50 - fruit cups
- 50 - spoons
- 50 - bottle of water, juice box or juice pouch

## HOW IT WORKS:

1. Contact us at [pwnpcharity@gmail.com](mailto:pwnpcharity@gmail.com) or instant message us on FB to get on our monthly lunch line calendar.
2. Decide if your group will be making Non- Perishable lunches or Perishable lunches...or both! (see perishable lunch line kit for detailed information on assembly)
3. Distribute the list of "Ingredients and Tools" to your group and collect the needed items.
4. Prepare lunches in the comfort of your own home or use the facilities at St. Andrews Episcopal Church in Glenwood to gather.
  - Number the brown bags 1-50, date each bag and mark "NP" for non-perishable lunch.
  - Place all lunch items in the brown bag and place the lunch bags in groups of 5 in disposable grocery bags.
5. If preparing at St. Andrews, a representative of PWNP will join your group and take the lunches that evening to distribute. If preparing lunches at your home or another location, a PWNP representative will be in touch to set up a time to pick up lunches.
6. PWNP will deliver all lunches to the shelters in need.

