

PERISHABLE LUNCH KIT

Making 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 good, nutritious meal to keep them going throughout the day.

Want to give back? Contact us at pwnpcharity@gmail.com for more information!



Ingredients and Tools

- 50 - XL brown lunch bags (Size:12x 6x 4 in.)
- 6-8 - loaves of bread (100 slices)
- 100 - slices of lunch meat (turkey/ham)
- 50 - slices of cheese
- 50 - individually wrapped snacks
- 50 - fresh fruit/fruit cups (NO BANANAS)
- 50 - spoons (if using fruit cups)
- 50 - sandwich bags
- 50 - condiment pouches (mayo/mustard)
- 50 - bottles of water or juice boxes/pouches
- 50 - napkins

HOW IT WORKS:

1. Contact us at 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 Perishable lunches or Non-Perishable lunches...or both! (see non-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 and date each bag. .
 - Prepare the sandwiches using 2 slices of meat and one slice of cheese. Write "T" or "H" on each brown lunch bag to indicate if it is a turkey or ham sandwich inside.
 - 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.

