

Learning through Lunches

Who We Need

Any group of youth (with a leader) looking to lend a helping hand!

What We Need

40-60 nutritious bagged lunches every evening from August-November to feed those who are homeless and seeking shelter in our interim overnight housing

** Grant funds may be available to help cover costs*

How to Make Each Sandwich

- Preferably use whole wheat bread
- Can be peanut butter and jelly or meat and cheese
- No condiments
- Place in Ziploc bag, label and refrigerate; do not put in outside paper bag

** Place all other food items in paper bag*

What to Include in Each Lunch

- | | | |
|----------------|---------------------|--------------------------|
| - Sandwich | - Fresh Vegetables* | - Granola bars* |
| - Water bottle | - Trail mix* | - Nuts* |
| - Bananas* | - Baked Chips* | - Gatorade or juice box* |

**Options for healthy food choices*



Get Creative!

On the inside of the bag you may include a drawing or note of encouragement.

Interested? Contact Colleen Conwood at 630.682.3846 x3500 or CConwood@dupagepads.org

What Youth Will Gain

- Budgeting experience
- Healthy eating knowledge
- Pride from helping those who are hungry in our community

YOU can be a part of the solution to end homelessness!



DuPagePads

The Solution to End Homelessness.

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