

## 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

### 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 Volunteer Coordinator at 630.682.3846 x3500 or [Volunteer@dupagepads.org](mailto:Volunteer@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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