



**DuPagePads**

The Solution to End Homelessness.



## Learning through Lunches

Make nutritious lunches for those in need!

We need 40-50 nutritious bagged lunches to feed families and individuals at our Interim (Overnight) Housing sites.

### What to Include in Each Sack Lunch:

- Sandwich
- Water bottle
- Fruit
- Snack (granola bar, trail mix, baked chips, etc.)
- Gatorade or Juice Box

### 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, refrigerate
  - Sandwich will be added to sack lunch in the morning

*Thank you for your generosity and support in our mission to end homelessness!*

For more information  
or to schedule a night to provide lunches, please contact:

Josie Mattern, Volunteer Coordinator  
(630) 517-0569 or [jmattern@dupagepads.org](mailto:jmattern@dupagepads.org)

Available dates listed at:

<http://dupagepads.org/solutions/volunteer/volunteer-opportunities/>