



DuPagePads

The Solution to End Homelessness.



Learning through Lunches

Make nutritious lunches for those in need!

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

What to include in each Sack Lunch:

- Nonperishable protein source
- Water bottle
- Fruit (banana or clementine preferred)
- Snack (granola bar, trail mix, baked chips, etc.)
- Gatorade or Juice Box
- Dessert (optional)

Nonperishable Protein Sources:

- Peanut butter and jelly sandwich
 - On whole wheat bread
- Pop-top can or pouch of chicken or tuna in water
- Jerky or meat stick (beef or turkey)
- Protein bar
- Nuts

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

For more information, please contact:

DuPagePads Volunteer Coordinator
(630) 682-3846 or volunteer@dupagepads.org

Available dates listed at:

<http://bit.ly/DuPagePadsLunches>