



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:

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

### How to make each Sandwich:

- **Wear gloves**
- Use whole wheat bread
- Can be peanut butter and jelly, or meat and cheese
- No condiments on sandwich
- Place in Ziploc bag
- **Do not place sandwich in sack lunches.** Store together in separate bag/box, 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, please contact:

DuPagePads Volunteer Coordinator  
(630) 682-3846 or [volunteer@dupagepads.org](mailto:volunteer@dupagepads.org)

Available dates listed at:

<http://bit.ly/DuPagePadsLunches>