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

Available dates listed at: