Bagged Lunch Program Instructions

(For every 50 bagged lunches donated, 4 hours of community service will be given to one individual. If more than one person makes the bagged lunches, the hours will be divided between the participants. Example: If two people make and donate 50 bagged lunches, each person will receive 2 hours of community service.)

• Please deliver the lunches the day before you are scheduled by 8:00 pm.
• Place each sandwich in clear sandwich bags.
• Place all sandwiches and other items that require refrigeration in a separate bag or box from the individual lunch bags.
• Provide bottled water by the case; do not put water bottles in lunch bags.
• Please do not staple bags.

Suggested items for Bagged Lunches:

1. **Sandwich:**
   Please make half the sandwiches on whole wheat bread, and the rest on white bread, pita, or rolls. We would prefer that only 25% of the sandwiches you make are Peanut Butter and Jelly (due to those suffering from peanut allergies). Other sandwich options include:
   - Turkey
   - Ham
   - Roast beef
   - Cheese
   - Chicken / egg / tuna salad
   - Peanut butter & jelly (Please, no more than 25% of the total number of sandwiches)

   *For summer months, please ensure 25% of your sandwiches are non-perishable, like PB&J or canned tuna with crackers, to endure heat throughout the day.

2. **Healthy Snack Items - pick 2:**
   - Carrot / celery sticks
   - Nuts / raisins / trail mix
   - Yogurt / String cheese
   - Pudding cups
   - Granola Bar
   - Graham crackers
   - Pretzels/Popcorn/healthy lunch size snack bags
   - Snack crackers (peanut butter/cheese)

3. **Fruit:**
   - Fresh Fruit
   - Fruit Cup

4. **Drinks:**
   We suggest water bottles still in the case. It’s less expensive and healthier. Please do not place drinks in each bag.

**PLEASE DROP YOUR LUNCHES OFF IN THE LOBBY OF THE LIGHT HOUSE BY 8 PM THE DAY BEFORE YOU ARE SCHEDULED.**

*Thank you for your support!*

Updated January 2019