

BAGGED LUNCH GUIDE

HELP OUR PARTICIPANTS AND CHICAGOANS IN NEED BY DONATING NUTRITIOUS MEALS TO GO!

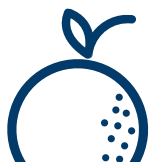
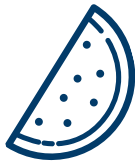
To set up a bagged lunch project and drop-off, please contact our Meals Program Coordinator at volunteer@inspirationcorp.org. Drop-offs must be scheduled in advance.

DROP OFF TIMES:

Monday - Friday

9:00am to 11:30am

1:30pm to 3:00pm



SHOPPING LIST

SANDWICH INGREDIENTS

- Bread
- Protein: Turkey or Ham
- Cheese
- PB&J
- Condiment Packets (optional)

SNACK

- Chips, Nuts, Fruit Cups, etc.

DESSERT

DRINK

- Water Bottle or Can of Soda

SUPPLIES

- Paper Lunch Bags and Sandwich Bags
- Napkins

INSTRUCTIONS

While preparing sandwiches, we ask you please disinfect all surfaces, wash hands regularly, and wear a mask.

Assemble sandwiches, place in sandwich bags, label, and pack in separate box.

Place all other items in paper lunch bags and pack bags in a separate box from sandwiches.

