

Week 1: Live It!

Instructions

ROOF ABOVE

Working together to end homelessness

Lunches-To-Go are a hands-on opportunity to serve our neighbors during this COVID-19 crisis. Please follow these instructions to assemble the lunches. Only include non-perishable/non refrigerated items

- Use a gallon size re-sealable clear bag for each lunch
- Please wash your hands and wipe off the items before placing them in the Ziploc bag
- Date the bags the day you make them
- Add one protein (tear open/pop-top tuna, chicken, turkey or beef jerky sticks)
- Add some fruit (cutie oranges, fruit cup or squeezable fruit)
- Add one carbohydrate (individually wrapped crackers, pretzels, protein bar)
- Add one desert (individually wrapped, store bought cookies or cakes)
- Add a bottle water
- Add a napkin and plastic utensils if needed for above items

@MATT: Bring your donations to session the week of 10/18.

@HOME: Donations may be dropped off 10/18 from 10 to 11:30 am. PLEASE [RSVP HERE](#) if you will be taking part in this service!