



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!