



Thank you so much for helping to provide a meal to the homeless! We count on volunteers and supporters to provide these basic needs to the people we serve. You are truly making a difference!

The following is a suggestion for what lunches should contain. It is not necessarily prescriptive; if you have other ideas, please contact PADS at 847.689.0541.

One Sandwich

Lunch meat – made with at least 2 slices of lunch meat (about 2 ounces). Please don't use mustard or mayonnaise on the sandwiches, but feel free to include individual packs of condiments in the bag. Processed cheese tends to become gooey when in the bag and is discouraged from being put on the sandwiches. Sliced cheese is welcomed.

One Bottled Water

Please no juice, pop or milk

One Bag of Healthy Chips/Crackers/Pretzels/etc.

One Fruit or Applesauce Cup

Please also pack a disposable spoon.

One Napkin

Optional Items

Chapstick, hand sanitizer, hand lotion, or other small items clients could benefit from (Please get approval prior to including any additional items)

Because our fridge space is limited, we ask you to put the **non-perishable items** into something that will accommodate the entire meal - such as individual lunch bags, plastic grocery store bags, or gallon-sized Ziploc, etc. Those bags can be put into a larger bag/box for ease in transportation.

Then, please place **all sandwiches in a separate bag/box**, which we will then refrigerate. We will add the sandwiches to the full lunch bag upon distribution.

Throughout the year, but especially during summer months (MAY 1 – September 30), we typically need 30-40 lunch bags per day – your sign-up slot will indicate how many to bring.

Volunteers can assemble lunch bags in their own homes and can drop them off at our Day Resource Center at 1800 Grand Avenue in Waukegan.

Thank you again for your support!