



## Guidelines

The following is provided as helpful information as you prepare to purchase food, prepare lunches and serve the children. Please feel free to contact Julie Randall at 694-5097 or randall.6203@gmail.com with any questions.

### Preparations

- Julie Randall will contact you with an approximate number of lunches to prepare.
- Please place lunches in a paper sack with all individual items wrapped or placed in a sandwich bag. Serving the children goes much smoother if everything is placed in lunch sack prior to serving.
- Please provide napkins in the sack and plastic utensils if necessary.

### Sack Lunch Suggestions

- Sandwich (examples: ham and cheese, turkey, PB&J, etc.)  
Please include some sandwiches without peanuts for those allergic.
- Cheese stick, yogurt, chips
- Fruit (fresh, fruit cup, apple sauce) and/or vegetables in a sandwich bag
- Dessert (cookie, pudding, fruit snack, ice cream, etc.)
- Drink (milk, juice box or bottled water)
- You are not limited to a sack lunch. Let us know if you would like to provide items not included on the list, like hotdogs or pizzas.

### Serving

- Please serve everyone who requests a lunch. If more than one lunch is requested to take home, please honor the request. No one will be turned away, adult or child.
- Any leftovers can be used at the next session, given to Shared Blessings Food Pantry, Sheltering Wings or Cypress Manor.
- We will begin serving lunches at 12:00 PM and should finish around 1:00 PM. Gloves will be provided if you serving food not in the sack or pre-packaged.
- Please provide coolers with ice if necessary for drinks.

### Additional Assistance

It would be helpful if your group could assist with facilitating our program. This would involve helping children select books; checking-in and handing out tokens to the children after they run/walk and for the “at home” exercise, reading and nutrition program; and assisting with clean-up. Thank you!