



## Bag Lunch Guidelines

Please note before signing up: You will prepare 130 bag lunches with 2-sandwiches per bag (Total of 260 sandwiches).

### Important Information Before Starting

- Lunches can be provided in gallon-sized plastic bags or a lunch-sized paper bag.
- Each bag should contain the following items:
  - **2 - Sandwiches in each bag**
  - 1 – fruit
  - 1 – snack
  - 1 - Bottled water or fruit drink (leave the drinks in the case/box – do not put inside bags)
  - Utensil for eating if required for any food items
  - Napkin or paper towel (if possible)

### Sandwich Guidelines

- **Provide 2 sandwiches per lunch**
- Use turkey, roast beef, bologna, egg salad, chicken salad, or PB&J; If including cheese, place the cheese in a separate bag or purchase the individually wrapped cheeses)
- Use either white or soft whole wheat sandwich bread, no heels please
- No mayonnaise or mustard on the sandwiches; individual packets of condiments are very much appreciated
- It is not necessary to add lettuce or tomato
- Wrap sandwiches in individual baggies
- Please keep perishable sandwiches refrigerated prior to drop off

### Fruit and Snack Suggestions

- Fruits (i.e.- apples, pears, bananas, oranges) or fruit cups
- Dessert suggestions (crackers, cookies, muffins, individual cakes, granola, trail mix, beef jerky or slim Jim, or peanut butter crackers)

### Delivery Directions

- Drop off lunches between 8:30am – 11:30am at our shelter located at 1210 Tyron Street, Charlotte, NC.

### Additional Questions

- Please email [mealservice@roofabove.org](mailto:mealservice@roofabove.org)