

BAGGED LUNCH MAKERS

Our health care providers lead a variety of lunchtime support groups for our clients. Our groups focus on themes ranging from smoking cessation to client advocacy. Volunteers support these efforts by preparing quality, healthy bagged lunches.

DESCRIPTION OF DUTIES

Volunteers are needed to pack brown bag lunches for support group participants. **Volunteers are invited to prepare at least fifteen bagged lunches for our clients using the following healthy guidelines.**

Sandwiches	<ul style="list-style-type: none">• Turkey (preferred)• Bologna, ham, pastrami, or salami• For dietary and health reasons, we request that no more than 25% of sandwiches contain these deli meats.• Chicken, egg, or tuna salad• Natural peanut butter & jelly• Low-fat cheese• Lettuce, tomato, and mustard/light mayo
Healthy Snack	<ul style="list-style-type: none">• Carrot/celery sticks• Granola bars (crunchy and soft)• Graham crackers• Nuts, raisins, or trail mix• Olives/pickles• Low fat string cheese/low fat yogurt (w. spoons)• Pudding cups, rice pudding, or tapioca pudding (w. spoons)
Beverage	<ul style="list-style-type: none">• Water bottles• 100% Natural Juice, or low or no calorie juices• Ginger ale or citrus sodas
Fruit	<ul style="list-style-type: none">• Apple, banana, orange, pear, or other fresh fruit• Fruit cups, packed in juice or light syrup (w. spoons)• Applesauce cups (w. spoons)

AGENCY CONTACT

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DELIVERY INFORMATION

Bagged lunches **should be prepared offsite**, and delivered to Health Care for the Homeless Monday - Friday between 7:30am and 11:00am. **Please call ahead to confirm the drop off!**

