



FedExFamilyHouse

Le Bonheur  
Children's Hospital

## Sack Lunches on the Go

Families often go back and forth to the hospital to be with their child. Volunteers are invited to prepare quick, healthy lunches our families can grab on their way. Your group prepares sandwiches in our kitchens, then adds a piece of fruit, cookie, chips and/or box drink. All sandwiches and fillings must be prepared on site in our kitchens or come from a health-inspected kitchen in good standing (caterer, grocery store, etc.). *No potluck dishes from home kitchens please.*



We ask that volunteers provide all the fresh food items and supplies for the sack lunches. FedExFamilyHouse will provide food preparation gloves and utensils. You can prepare as many sack lunches as you wish. If you want a general idea of the number of our current guests, call us a few days before your visit, and we can let you know how many people will be staying the day you are coming.

### **Suggested Sack Lunch Items** *(Please select items that will refrigerate well.)*

#### Sandwich Items:

- Bread
- Turkey or ham and cheese
- Pimento cheese
- Chicken salad
- Tuna salad
- Sub sandwiches

#### Other Supplies Needed:

- Lunch sacks and sandwich bags
- Fruit cups (with spoons)
- Individual bags of chips or cookies
- Napkins
- Packets of mustard or mayo
- Box or can drink

If you have any questions about providing sack lunches, please contact Volunteer Coordinator Brittany Adams at [brittany.adams@lebonheur.org](mailto:brittany.adams@lebonheur.org) or 901-347-6462.

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