



FedExFamilyHouse



Sack Lunches on the Go

Families go back and forth to the hospital to spend time with their children. It's very helpful for the families to be able to take sack lunches with them. *We require all volunteers to be 16 years or older.*

Volunteers are needed to prepare quick, healthy lunches. 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. FEFH will provide the food utensils. You can prepare as many sack lunches as you wish. 100-150 is an average amount. 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 are forecasted for the day you are coming. Please have your group **arrive at 10:00am** to begin your volunteer activity. Groups typically end at 12PM.

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

Sandwich items:

- Bread
- Turkey and cheese
- Ham and cheese
- Pimento cheese
- Chicken salad
- Tuna salad
- Sub sandwiches

Other supplies needed:

- Gloves
- Lunch sacks and sandwich bags
- Fresh fruit (orange, apple, banana, fruit cup, etc.)
- Individual bags of chips or cookies
- Napkins
- Packets of mustard or mayo
- Box or can drink
- Labels

Please pre-make labels to place on brown paper sack.
Example: 12/25/19 Turkey & Swiss

For more information, contact:

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FedExFamilyHouse.org
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