

# Stellar Sack Lunches



Many Room In The Inn congregations send their guests with a sack lunch for the day. This is especially helpful for those who are working or who will be away from places where community meals are being served. Here are a few ideas to help take your sack lunches to the next level!



## THE GIFT OF CHOICE: TRY A SACK LUNCH BAR

Try making a sack lunch bar to let your guests have choice. People who are homeless rarely get to make decisions about what they will eat. Having choices also works well for vegetarians or those with allergies or special diets.



**Sandwich**

Think hearty. Many guests will be going to work all day. Some people may want two sandwiches. Protein options could include deli meat, cheese, peanut butter & jelly. People always appreciate a choice of condiments and veggie toppings.



**Fruit**

Non-perishable options like fruit cups are a good option. Fresh fruit should be easy to eat options like tangerines, grapes, or bananas.



**Sweets**

Some good choices include granola bars, protein bars, individually wrapped cookies, pastries, or pudding cups. Homemade treats are always greatly appreciated!



**Chips**

A bag of chips, pretzels, or a pack of peanut butter crackers adds some crunch to your lunch.



**Drinks**

Juice, water, or shelf-stable milk are good options. If providing both juice and water, one of the two can be frozen to serve as an ice pack.

- ✓ **Avoid packaged foods that would need to be opened with a can opener.**
- ✓ **Many guests may have trouble chewing some food, like whole apples.**
- ✓ **Presentation makes a difference. Add a few special touches!**

