

Dear Community Partner:

In Mecklenburg County, 18% of children reside in food insecure households. Often, the free or reduced lunch a child receives at school is their only meal of the day. Our Summer Bag Lunch Program aims to bridge the gap for food-insecure students who lack transportation to access meals at CMS Summer Feeding Sites or our Community Table.

We appreciate your interest in assisting with the program. With the help of community partners like you, we can ensure that at-risk students in Huntersville, Cornelius, and Davidson have reliable access to food during summer break. The following pages offer guidance to help your team complete the bag lunch project. You'll find a weekly sandwich menu, shopping list, sample menus with estimated budgets, and answers to frequently asked questions.

Thank you for sharing your time and resources to ensure the success of this critical program.

With appreciation,

Denise

Denise Cusick
Program Coordinator

BAG LUNCH CONTENTS

WHAT YOU'LL NEED

BREAD

Each loaf of bread will make approximately 9 sandwiches. Do not use bread heels!

LUNCHMEAT

3 - 4 slices of lunchmeat are suggested. The slices of lunchmeat should fill up the entire slice of bread (no white spots).

FRUIT

Include a fresh piece of fruit or fruit cup in each bag.

SNACKS

Include a sweet or salty snack. We recommend opting for healthier items labeled baked, low-sugar, low-fat, or whole grain.



SHOPPING LIST

Items are not store or brand specific

Recommendations

BREAD

Walmart Great Value White Bread $1.42/loaf

We've tried lots of bread. This is the one kids like best!

LUNCHMEAT (PACKAGED)

Great Value Brand $6.72 - $7.48/lb.

Hillshire Farms $6.27 - 7.50/lb.

Land O'Frost $5.93/lb.

Use the suggested serving size on each package for guidance on the number of packages needed.

FRUIT (PICK ONE)

Fresh Apples

Fresh Oranges

Fresh Tangerines

Fresh Fruit Cup (individually packaged) mixed fruit, mandarin oranges, or applesauce



2025 WEEKLY SANDWICH MENU

MONDAY

Ham Sandwich

TUESDAY

Turkey Sandwich

WEDNESDAY

Peanut Butter & Jelly Sandwich

THURSDAY

Ham Sandwich

FRIDAY

Bologna Sandwich



In addition to a sandwich, each lunch should include a fruit and one other snack item.

SHOPPING LIST

Items are not store or brand specific

Recommendations

SNACK (PICK ONE)

Baked Lays Products
Smartfood Popcorn
Goldfish Crackers
Nutrigrain Cereal Bar
Granola Bar

OTHER ITEMS NEEDED

Brown Paper Lunch Bags - Provided by Angels & Sparrows
Ziploc Sandwich Bags (or similar brand)

OPTIONAL ITEMS

Baby Carrots (individually packaged)
Quaker Chewy Chocolate Chip Granola Bar
Nutrigrain Cereal Bar
Clif Z Bar
Sliced Cheese (on sandwiches)
Condiments (ketchup, mustard, or mayo packet)



SAMPLE MENU & ESTIMATED BUDGET FOR 50 BAG LUNCHES WITH HAM SANDWICH

Priced At Walmart

Sandwich

- Great Value White Bread @ $1.42/each x 6 = $8.52
- Great Value Thin Sliced Honey Ham Family Pack, 8 oz, 2 Ct (16 oz total) = $5.32/each x 7 = $37.24

Fruit

- (12 Cups) Dole Fruit Bowls No Sugar Added Variety Pack, 4 oz = $7.98 each x 4 = $31.92
- (4 Cups) Dole Fruit Bowls Diced Peaches in 100% Fruit Juice, 4 oz = $2.88 each x 1 = $2.88

Salty Snack

- Cheez-It Variety Pack Cheese Crackers, 19.1 oz, 20 Count = $9.86 each x 2 = $19.72
- Cheez-It Original Cheese Crackers, 12 oz, 12 Count = $6.48 each x 1 = $6.48

Other

- Great Value Fresh Seal Double Zipper Sandwich Bags, 50 Count = $1.98
- Brown Paper Bags (provided by Angels & Sparrows)

Estimated pre-tax cost for 50 bag lunches: $108.14



Items are not store or brand specific

SAMPLE MENU & ESTIMATED BUDGET FOR 50 BAG LUNCHES WITH TURKEY SANDWICH

Priced At Walmart

Sandwich

- Great Value White Bread @ $1.32 each x 6 = $7.92
- 32 oz Packages of Great Value Fat Free Smoked Turkey Breast = $8.48/each x 5 = $42.40

Fruit

- Motts Applesauce Variety Pack, Assorted Flavor, New Fruit 36 Ct. = $25.65
- Mott's No Sugar Added Applesauce, 3.9 oz, 18 Count Cups = $9.29

Salty Snack

- Frito Lay Snacks Baked and Popped Mix Variety Pack, 18 count = $10.98 each x 3 = $32.94

Other

- Great Value Fresh Seal Double Zipper Sandwich Bags, 50 Count = $1.98
- Brown Paper Bags (provided by Angels & Sparrows)

Estimated pre-tax cost for 50 bag lunches: $112.26

Items are not store or brand specific



SAMPLE MENU & ESTIMATED BUDGET FOR 50 BAG LUNCHES WITH BEEF BOLOGNA

Priced At Walmart

Sandwich

- Great Value White Bread @ $1.32/each x 6 = $7.92
- 16 oz Oscar Mayer Beef Bologna Deli Lunch Meat= $6.84 x 4 = $27.36

Fruit

- Freshness Guaranteed Gala Apples, 3 lb Bag (est. 9 apples per bag) = $4.24/bag x 5 = $21.20

Salty Snack

- 5, Smartfood Popcorn, White Cheddar, 0.625 oz, 10 Count = $6.48 each x 5 = $32.40

Other

- Great Value Fresh Seal Double Zipper Sandwich Bags, 50 Count = $1.98
- Brown Paper Bags (provided by Angels & Sparrows)

Estimated pre-tax cost for 50 bag lunches: $90.86

Items are not store or brand specific



SAMPLE MENU & ESTIMATED BUDGET FOR 50 BAG LUNCHES WITH PEANUT BUTTER & JELLY

Priced At Walmart

Sandwich

- Great Value White Bread @ $1.32/each x 6 = $7.92
- (2 pack) Jif Creamy Peanut Butter, 40-Ounce Jar = (2 tablespoons per serving) = $11.97
- Welch's Concord Grape Jam, 30 oz Jar (1 tablespoon per serving) = $3.16/each x 2 = $6.32

Fruit

- Fresh Navel Oranges, 8 lb Bag (est. 15 per bag)= $8.98 per bag x 4 = $35.92

Snack

- Nutri-Grain Cherry Chewy Soft Baked Breakfast Bars, 10.4 oz, 8 Count = $3.18/each x 7 = $22.26

Other

- Great Value Fresh Seal Double Zipper Sandwich Bags, 50 Count = $1.98
- Brown Paper Bags (provided by Angels & Sparrows)

Estimated pre-tax cost for 50 bag lunches: $86.37

Items are not store or brand specific



BAG LUNCH DELIVERY

LUNCHES MUST BE DELIVERED BETWEEN 9:00 - 9:30 A.M.

ANGELS & SPARROWS RESOURCE CENTER

Ramah Executive Park

320 Seagle St., Suite 8, Huntersville

Please do not deliver lunches to the Community Table

FREQUENTLY ASKED QUESTIONS

HOW DO I SIGN MY TEAM UP TO VOLUNTEER?

You may sign up via the Summer Bag Lunch Program Sign-up Genius.

HOW MANY LUNCHES WILL WE BE MAKING?

We'll need approx. 300 bag lunches each day! The Sign-Up Genius will have slots, each slot represents a certain number of bag lunches. You can sign up for more than one slot.

HOW MANY VOLUNTEERS DO WE NEED?

With 6 volunteers, it will take approximately 45 minutes to make 50 bag lunches; 3 people to make sandwiches and 3 people to assemble bags.

WHEN SHOULD WE MAKE THE LUNCHES?

It is best to make the lunches on the morning of delivery day. If you have refrigerator capacity, you can make the sandwiches the day before, place in Ziploc sandwich bags, and store in the refrigerator. We recommend storing only the sandwiches in the fridge, not the entire bag. Brown bags can be assembled ahead of time with snacks inside. On delivery day morning, drop a sandwich into each bag, fold and staple the top of bag, and deliver them to us.

FREQUENTLY ASKED QUESTIONS

ARE THERE ANY FOOD SAFETY REQUIREMENTS?

Yes, please make sure that everyone washes their hands before beginning the project. Sandwich makers should wear plastic gloves. Be sure not to touch your face or mouth during the project. If you do, be sure to use hand sanitizer or wash your hands before continuing to handle food items. If you have long hair, please pull it back.

DO WE NEED TO WORRY ABOUT FOOD ALLERGIES?

No. We've been doing this since 2009 and have never encountered any issues related to food allergies.

QUALITY CONTROL

Dignity is one of our guiding principles. Please don't make or serve anything that you wouldn't eat yourself or serve to someone you love. Some of the students eat lunch together. Please double and triple check to ensure that each bag contains the same items - a sandwich, fruit, and snack. Also, please ensure that the lunch looks presentable by folding the top of each bag 2-3 times, and stapling one time to keep the bag closed.

FREQUENTLY ASKED QUESTIONS

WE SIGNED UP TO MAKE LUNCHES BUT NOW WE CAN'T DO IT. WHAT SHOULD WE DO?

We depend on our community partners to ensure that we have the number of bag lunches needed each day. We also understand that sometimes things happen. If you signed up and are no longer able to fulfill your commitment, please provide us with at least one week's notice so that we can find a group to fill your spot. Please notify Denise@AngelsAndSparrows.org if you are no longer able fulfill your commitment.

HOW DO WE OBTAIN THE BROWN PAPER BAGS THAT ANGELS & SPARROWS IS PROVIDING?

Bags can be picked up from Angels & Sparrows. Upon signing up, you'll receive more detailed information.

WE LOVE THIS PROGRAM BUT MAY NOT BE ABLE TO PARTICIPATE DUE TO THE EXPENSES INVOLVED.

Please contact Denise Cusick via email address Denise@AngelsAndSparrows.org to discuss other ways to assist with our summer program.

A Note of Gratitude

We are deeply grateful for the unwavering support and generosity this program receives from the community. Your contributions to the Summer Bag Lunch Program have made a significant impact, providing more than 200,000 lunches to at-risk students since the program's inception. We are committed to ending food insecurity, and this program is possible because of your kindness and commitment to serving others.

Thank you for being a vital part of our mission to increase food security in our community. Together, we are making a difference and creating a community where everyone can achieve their highest aspirations.

With heartfelt thanks,

Cindy Deutsch, CFRE
Development Director

SCAN QR CODE FOR MORE WAYS TO SUPPORT OUR MISSION