

# HOW TO PREPARE LUNCHES FOR SHELTERS

New Hope Housing needs additional sandwiches or bag lunches for homeless adults at Kennedy Shelter ,Bailey's Shelter, and alternate shelter sites during the pandemic!

Depending on your capacity to help, here are some options:

# 1

## Make Sandwiches

Prep ham & cheese or turkey & cheese sandwiches at home  
Leave off condiments (we have them at the shelter!)

Bag them individually and label with the date and the type of meat

# 2

## Make Bag Lunches

Follow the steps to make sandwiches

In a paper bag, include the sandwich, a water bottle, bag of chips, and other snacks to make a full lunch (decorating the paper bags are a great activity for kids!)

Interested volunteers will need to complete a volunteer application and sign up for a phone orientation. Contact Sami at 703-799-2293 x 11 or [ssmyth@newhopehousing.org](mailto:ssmyth@newhopehousing.org) to get started!

*Please do not purchase ingredients or prep sandwiches before signing up!*

