



SACK LUNCH PROGRAM

Thanks to volunteer "packing parties," MLM is able to distribute sack lunches to people in need of a small meal.

Packing parties are an easy, customizable, and meaningful volunteer project for groups of any size and age. An MLM staff member is happy to walk you through the process, or come to your school, church, or office and help facilitate the event.

How does a packing party work? Volunteers hold a collection for the items needed, stuff the bags (with the option of decorating the outside or including a note/card of encouragement) and then deliver the finished bags to MLM. If you can't deliver, we are happy to arrange for pick up! Leftover items are always welcome at the MLM pantry.

Questions? Please contact Amy Viets at amyviets@mlmkc.org or 816-285-3154.



750

Lunches are given to hungry visitors every month

ITEMS TO INCLUDE:

Please include the following items, at a minimum. Food must be unopened and individually wrapped in the original packaging.

- Primary Protein**
Ready-to-eat tuna or chicken salad lunch/snack kit
- Secondary Protein (optional)**
Beef jerky, beanee weenees, "peanut butter to go" kit
- 1 Packaged Fruit**
Individual fruit cups and spoons, GoGo squeeze applesauce, all-fruit snacks/strips, etc.
- 2 to 3 Non-Perishable Items**
Additional protein item, granola/protein bars, individual bags of pretzels/popcorn/Chex mix/crackers, cookies, nuts, etc.
- 1 Beverage**
Water bottle (16 oz)

