

Sack Lunches



Food is our most basic human need, yet thousands of residents in North San Diego County are food insecure. Each day at Interfaith sack lunches are distributed to people as needed and available. Interfaith distributes 300+ sack lunches daily.

Sack Lunch Building Guidelines

WHAT YOU NEED TO KNOW TO BUILD

Prepare sack lunches for Interfaith to distribute throughout the day to people in need of a meal. Any amount prepared is appreciated. Here is what should be included in a sack lunch:

- **One PB & J or meat & cheese sandwich in a sealable bag.**
 - Meat and cheese sandwiches should have no condiments. Condiments can be included as packets optionally.
- **2-3 snacks of your choice:** granola bars, chips, an apple, fruit snacks, fruit cups, etc.
- **A small bottled water or juice box.**
- **A brown paper bag/** gallon-sized bag to contain lunch items.

Follow hygiene guidelines: wash hands, wear gloves and hairnets/hats to avoid contamination.

DELIVERING SACK LUNCHES

Schedule a date/time to deliver sack lunches by either:

- Visiting interfaithservices.org/volunteer and under *Group Opportunities* click on "Sack Lunch Drop Off Donation".
- Or scanning the QR code to sign up. →



Delivery times are Monday-Friday
7:30am to 4:00pm

Drop off at 550 W Washington Ave., Escondido CA 92025

Reserve Interfaith's Nutrition Center to build lunches as a group by sending an email to: getinvolved@interfaithservices.org.
Note: reservation times are available solely Monday-Friday from 9:00am to 11:00am OR 1:00pm to 3:00pm upon availability.



@interfaithcs



For more information email: scho@interfaithservices.org