

Beat the Heat Grocery List and Instructions

Making sack lunches for the Night Ministry is a great service activity for your family or guild. Call Sandy McBreen (847. 724.3806) to schedule your participation.

When assembling the meals, you are asked to provide 145 turkey or ham sandwiches and 35 PB&J's along with a drink, chips, a piece of fruit and some form of dessert or granola bar. Each sandwich should have two pieces of meat and one piece of cheese. The amounts below are approximate. You will find suggested stores here, but feel free to shop wherever you would like. You will need 360 slices of bread, 290 big slices of lunch meat, 145 slices of cheese and enough PB&J for 35 sandwiches.

Thanks for your support of this wonderful program!

COSTCO

- 18 Loaves (9 double packs) of Sara Lee Whole Grain White Bread
- 6 Double packages of either Ham or Turkey (should total at least 290 slices)
- 2 Double packages of sliced cheese (should total at least 145 slices)
- 3 (32 Pack) Coke or Pepsi
- 3 (32 Pack) Sprite, 7-Up or Sierra Mist
- 1 (35 Pack) Water Bottles
- 4 (50 Pack) Boxes of chips Lays, Doritos, etc.
- 180 pieces of fruit (We find that bananas bruise easily. Clementine oranges seem to work best.)
- 180 either granola bars or some other candy/cookie or dessert

TARGET

Large brown paper lunch bags (Try to find the large size. Regular size can be too small.)

MISC

Foil to Wrap Turkey/Ham Sandwiches

Baggies for PB&J

Peanut Butter

Jelly

Squirt Bottle of Mustard

Squirt Bottle of Mayo

Napkins

Frozen Cold Packs

At least three coolers for soda/water

Containers to hold sandwiches and ice packs - these can be coolers or plastic bins. Depending on the size of the container, you'll need three or four of them.

Shopping Bags to hold lunch bags

INSTRUCTIONS

- Make 35 PB&J sandwiches, put in baggies
- Make 145 or more Turkey or Ham Sandwiches with cheese, wrap in foil. (set up an assembly line on a large island or long dining room table.)
- Don't put any condiments on the sandwiches, but include the squirt bottles for the recipients' use.
- Place sandwiches in bins or coolers with condiments and ice packs.
- Make 180 lunch bags filled with: napkin, chips, fruit, & dessert. Fold the bags as compactly as possible and place in shopping bags.
- Fill up vans/cars with supplies and deliver to Sandy McBreen's house by 6:30 pm