

DIY Sack Lunch

You will need:

Paper lunch bag

Protein (pop-top/pouch chili & beans, ravioli, tuna, etc.)

Peanut butter crackers

Protein granola bar

100% juice fruit snacks

Applesauce cup/pouch

Peanut butter single serving

16oz bottled water

Spoon, fork, napkins

Each lunch should include one each of the items listed above. We purchase everything from Walmart or Sam's Club, but you can find most items at any grocery store.

Keep a few lunches in your car to give to people in need or donate assembled lunches to the church!

