



# Pack a Lunch for Sarah's Hope



*"Only in heaven will we see how much we owe to the poor for helping us to love God better because of them."*

*Mother Teresa*

As a part of our outreach this year as Disciples of Christ, we will be making lunches for a homeless shelter. Sarah's Hope is a program of St. Vincent de Paul and is located on Mount Street in Baltimore City. This program offers shelter and support services to homeless women and their children, helping them quickly regain permanent housing, and achieve long-term self-sufficiency. The directions are easy. Take your lunch bag, that you decorated in religion, home and fill it with the items below. On Friday morning bring your lunch to the kitchen where volunteers will organize them and transport them to the shelter.

## Lunch Bag Items:

**1 or 2 deli sandwiches without condiments- turkey or cold cut sandwiches and subs are most needed. (no PB&J because of allergies)**

**1 prepackaged snack (cookies, chips, crackers)**

**1 piece of fruit/fruit cup**

**1 juice box/drink**

**\*\*\* The shelter provides condiments for the sandwiches.**

Dates of Participation through December:

September 17 - 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

September 24 - 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

October 8 - 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

October 29 - 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

November 5 - 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

November 19 - 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

December 3 - 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

December 17 - 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

**\*\*\*\*\* If any parent would like to volunteer to help organize or take our lunches to the shelter on Friday morning, please contact Mrs. Blake by e-mail or leaving a message at the school office.**