



MPBC Room in the Inn

Providing Sunday Bag Lunches

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Resources: One or more people or a group to provide bagged lunches for 15 neighbors.

Lunches need to be delivered to the refrigerator in the RITI kitchen prior to 7:00 AM on Sunday. Many volunteers deliver the lunches on Saturday afternoon or evening and place them in the refrigerator.

Lunch Guidelines

Bagged lunches for 15 neighbors should include a sandwich, vegetable or fruit, bottled drink, and a dessert cake or cookie. The neighbors also like to have granola bars.

Lunches should be delivered and stored in the refrigerator.

- Avoid hard food as many neighbors have poor dental health
- Avoid foods or condiments that spoil easily as the lunches will be carried by our neighbors for several hours before they eat.
- Peanut butter and jelly, ham, and turkey are good sandwich options.
- Breath mints are a great lunch item as they can carry them throughout the week.