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 Build Guidelines

WHAT YOU NEED TO KNOW TO BUILD

- Prepare PB&J or meat and cheese sandwiches (no condiments or packaged condiments only) and assemble sack lunches for Interfaith to distribute throughout the day to people in need of a meal. Include in the lunch a soft granola bar, applesauce, piece of fruit (Cuties®, oranges, bananas), chips, and small bottled water or juice box. You will need sandwich bags and lunch-size paper sacks to pack the items.

- Follow hygiene guidelines (wash hands, wear gloves and hairnets to avoid cross-contamination). Masks or face shields MUST be correctly worn (covering nose and mouth) at all times during the build process.

DELIVERING SACK LUNCHES

- Schedule a date/time to deliver sack lunches to Interfaith by sending an email message to: getinvolved@interfaithservices.org. Delivery times available weekdays ONLY.

BUILD AT INTERFAITH

- Reserve Interfaith's Nutrition Center to build lunches by sending an email message to: getinvolved@interfaithservices.org. Weekdays ONLY: 9:00 a.m. to 11:00 a.m. or 1:00 p.m. to 3:00 p.m.

- Donate $125 for the cost of 100 sack lunches.

www.interfaithservices.org/volunteer

For more information, please contact: Janet Reeves jreeves@interfaithservices.org (760) 489-6380, ext. 207

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