



St. Vincent de Paul
ASSISTANCE • SHELTER • HOPE

Bag Lunch Donation Ministry

St. Vincent de Paul serves about 200 bag lunches daily for guests staying at the shelter. For many who miss shelter mealtimes due to work, school, or other appointments, this bag lunch is their main meal of the day. Your gift of bag lunches (no matter how many you can provide!) makes a big difference in providing nourishment for your neighbors experiencing homelessness.

Important updates beginning January 2026:

To help preserve the shelf life and quality of your donation, **we ask that you *do not assemble the sandwiches ahead of time***. Instead, please donate the whole grain bread, lunch meat, and cheese separately in their original packaging (example below). Staff and volunteers will then assemble the sandwiches as needed to ensure freshness. You are welcome to assemble the bags with a fruit and/or vegetable, a snack, and a drink based on the requirements below.

Each sandwich requires 2 slices of bread, 2 oz. of meat, and 1 slice of cheese. Each product will be different, but an **example**: The standard loaf of bread can make about 10 sandwiches, most pre-packaged deli meats contain about 16 oz, and a standard package of cheese has 12 slices. For 100 sandwiches, that would be approximately 10 loaves of whole grain bread, 13 packages of deli meat, and 9 packages of cheese slices.

Bag Lunch Requirements

Minimum requirements to meet nutrition guidelines:

- One sandwich: 2 slices whole grain bread, 2 oz. lunch meat, and 1 slice of cheese
**Please donate these items in their original bulk packaging. Staff and volunteers will assemble sandwiches as needed to ensure freshness.*
- One fruit and/or vegetable: applesauce, individual fruit cups, carrots, celery sticks, etc. (please no bananas)
- One snack: crackers, pretzels, small bag of chips, etc.
- One drink: small bottle of water, juice box*, or 1% milk
** Juice boxes are acceptable as a drink only if no other fruit is provided. This helps us meet sugar guidelines for children.*

Please Remember:

- This may be someone's main meal of the day, so think about putting together a meal that you would like to eat. By not preparing the sandwiches ahead of time, you are helping us preserve the freshness of your donation and improving the quality of the meal.
- An appropriate inspirational note or greeting in the bag is a nice touch but is absolutely not required.

Thank you for your kindness and generosity!