



## ***Sack Lunch Providers, COVID edition***

### **Sack Lunch Overview**

Sarah's Circle readily accepts donations of pre-bagged lunches. These lunches supplement the meals served at Sarah's Circle, as women often rely on them to stay fed until their next meal. Women who are homeless face numerous challenges, availability of food being just one example. Donors of pre-bagged lunches help to counter the debilitating hunger that is intertwined with homelessness.

Sarah's Circle is able to accept pre-bagged lunches every day of the week. **Please review all material prior to providing sack lunches. Thank you!**

### **How Sack Lunches are Used**

By providing sack lunches to Sarah's Circle, you are directly supporting a woman in need. Sack lunches are given to women in two of our primary programs.

**Daytime Support Center:** Located at 4838 N Sheridan Road, the Daytime Support Center is open Monday-Friday from 9 am – 4:30 pm daily. This is a drop-in center that provides supportive services to women who are homeless or in need of a safe space. At the Daytime Support Center Sarah's Circle serves breakfast and lunch every week day. Pre-bagged lunches are given to women if they arrive after the daily meal is served, or as they leave at the end of the day. It is especially beneficial to receive sack lunches at the end of the week since the Daytime Support Center is not open on the weekends. Sometimes, the meals given out at Sarah's Circle are the only meals a woman receives during the week.

**Interim Housing:** Located at 1005 W. Leland, the Interim Housing program is a 50-bed shelter for women who are homeless; this is the largest type of this program for women in the City of Chicago. Women at Interim Housing are provided breakfast, lunch, and dinner every day. However, there are many women in this program who are working or are unable to be at Interim Housing when meals are served. With the help of donors and volunteers like you, we are able to provide sack lunches to these women, so they won't go hungry during the day.

### **Pre-Bagged Lunches Details**

Sarah's Circle can accept between 25-100 sack lunches at a time. This is a drop-off opportunity only, sack lunches must be created in your space and dropped off with Sarah's Circle so that our staff can give them out to clients as needed. The lunches should consist of a variety of sandwiches (at least 5 sandwiches for clients that do not eat meat) as well as 2 two healthy snacks (could be fruit or pre-bagged snacks), and a beverage. Each sack lunch should constitute a balanced meal. Please mark on the outside of each bag the date the sandwich was made and what type of sandwich is included (type of meat or PB&J). Food Safety is an important consideration when preparing these meals, Sarah's Circle will not accept pre-bagged lunches if they have not been stored properly or are low quality and hastily prepared.

### **Scheduling Details**

All pre-bagged lunches should be scheduled in advance, depending on need and availability with Craig Morris. He can be reached at [cmorris@sarahs-circle.org](mailto:cmorris@sarahs-circle.org).

***Thank you for volunteering with Sarah's Circle!***