



BAGGED LUNCHES AT YOUTH WITHOUT SHELTER

Prior to arriving at Youth Without Shelter, 40% of homeless youth have gone without food for one day in the past week. Over 5000 'brown bag lunches' are needed annually for YWS residents who attend school or work. We need 50 lunches every day so that should be your goal number.

What goes in each lunch bag?

Teenagers (as you know) are hearty eaters, so we recommend one to two sandwiches per bag; a juice box; and a snack (i.e. home baked goodie, granola bar). If your budget allows a piece of fruit is always welcome but not essential (as we could supplement). Sandwich suggestions: on bread, bagels, or buns; cheese, cream cheese, tuna, meat slices (please no pork); etc. No peanut butter please. Kindly allow for a few vegetarian options (no more than five vegetarians at any one time).

Here is a step-by-step guide for how to help YWS by making brown bag lunches:

- 1) Assemble a team: This can be a class, a school, a corporate group, a church group, or just a bunch of friends.
- 2) Choose a date: Pick which day you would like to provide lunches for and let us know (volunteer@yws.on.ca). You can commit to one day a week, a month, or just one day only.
- 3) Start collecting donations: Ask local grocery stores or families to provide supplies you'll need to make sandwiches or goodies to go in each bag.
- 4) Assemble bags: When all your donations are in, now is the time to start assembling the bags. Make sandwiches and wrap them, make sure each lunch has all the necessary lunches. If re-usable lunch bags are donated, feel free to use them for lunches. Otherwise, just brown bags are fine.
- 5) Deliver lunches: You can drop off your lunches the night before or in the morning at Youth Without Shelter (6 Warrendale Court, Etobicoke ON, M9V 1P9).

Questions?

Contact Engagement Specialist, Soyoung Lee at – volunteer@yws.on.ca or 416-748-0110 ext. 39

Don't Forget:

If you are in high school, all your hours can count toward your volunteer hours. Keep track of time spent and we will sign off on your hours when the project is complete.