



WorkCamp Lunches Information Sheet

Our parish has volunteered to make _____ lunches to be delivered to WorkCamp with our security volunteers on the afternoon of June _____.

_____ are Peanut Butter and Jelly lunches, _____ are cheese*.

Please take care to use fresh items and be sure that each bag has all of the required food. These young people are working hard in the hot sun and need the energy of a good lunch with all of the items below.

Each lunch must be in its own paper bag, then the entire load can be placed in boxes (preferable) or larger paper bags. Please pack the cheese lunches in separate boxes from the peanut butter and jelly lunches.

Don't refrigerate the drinks, the fruit, or the lunches. Condensation causes the bags to rip.

Leftover lunch supplies can be sent together in a separate box and may be used as snacks during the evening at WorkCamp.

Each lunch needs to contain the following:



1 sandwich – Peanut butter should be spread on the inside of both pieces of bread and jelly is placed in the middle. This keeps the bread from getting soggy. Prepare cheese sandwiches away from the PB&J sandwiches and wash hands and counters thoroughly. *A **cheese sandwich** is just bread and cheese... do not use mustard or mayonnaise because these lunches are not refrigerated. You can include a mayo or mustard packet if you are able.



1 drink – Don't use sodas or carbonated beverages because they may explode in the hot vehicles.



1 small bag of chips



1 small packet of cookies – can be several cookies in a plastic bag.



1 packaged fruit snack (with plastic spoon if needed)



1 napkin



Some parishes like to include notes, holy cards, candy (no chocolate please) or decorate the bags.

Thank you for your very generous service to WorkCamp!