

# GUIDELINES FOR PORTLAND JEWISH ACADEMY'S SACK LUNCH PROJECT

## benefiting those served by Blanchet House

*During these uncertain times, there is one thing we can be sure of:  
Together we can make a difference in the lives of the hungry!*

**On Friday, May 22<sup>nd</sup>, prepare sack lunches at home and drop them off at PJA between 2-3pm  
Be sure to sign up in advance using the google form so we know how many lunches to expect**

### Follow safe food handling guidelines—

- Only participate in this project if you and the members of your household are 100% healthy with no symptoms of illness of any kind
- Wash your hands thoroughly with soap (for at least 20 seconds) before handling food and lunch packing materials
- Sanitize food prep surfaces
- Do not touch face or hair while preparing food
- While the use of a mask and gloves is certainly encouraged, they are not required

### Keep sack lunches simple and as uniform as possible—

#### **4 items only in lunch bags**

- Sandwich, fruit, and two prepackaged snack items
- NO drinks please (including no bottled water)

### Sandwiches

- PB&J (or other nut butters) preferred, but sandwiches with deli meats, cheese, or tuna are acceptable

### Fruit

- Oranges or mandarins are preferred (avoid hard fruit such as apples or items that can get easily bruised such as bananas). Fruit cups or small containers of applesauce are an acceptable alternative; if using, please include plastic spoons.

### Snack items

- Two packages of snack items in each lunch such as chips, pretzels, popcorn, crackers, cookies, granola bars, protein bars, etc. If prepackaged items are unavailable, it is fine to divide items from a larger bag into smaller plastic bags; just be sure to practice safe food handling guidelines when touching food.

### Bags

- Use paper lunch bags or gallon sized Ziploc bags. You are encouraged to decorate paper bags with note of encouragement or enclose notecards in the Ziploc bags.
- Write "KEEP COOL" in big letters on bags that contain items that must be refrigerated (such as sandwiches containing meat, fish or cheese); while all lunches will be placed in Blanchet House's walk in refrigerators until they are distributed, it is helpful to know which contain perishables.

### Photos

- We'd love for you to take pictures of your family preparing lunches, decorating bags, or dropping off items. Please send your best photo to PJA's Director of Admissions, Sarah Glass: [sglass@pjaproud.org](mailto:sglass@pjaproud.org)

Please feel free to be in touch with PJA's Service Learning Coordinator with additional inquiries: [ecohn-rozansky@pjaproud.org](mailto:ecohn-rozansky@pjaproud.org)

\*Additional information about the 2-3pm drop off of lunches at PJA will be sent to all registered participants approximately one week prior to the event