

MUST MUST MINISTRIES MINISTRIES



Phone: (770)479-5397

Website: www.mustministries.org

SUMMER LUNCH PROGRAM



WHAT IS IT ALL ABOUT?

It is a program that has been sponsored by MUST Ministries since 1995. During the summer months those children who are eligible to receive a reduced or free lunch during the school year are also given the opportunity to have a free lunch delivered to them by way of volunteers. Monday through Friday a child receives a sacked lunch that contains a sandwich, chips, any assortment of vegetables or fruit, a dessert item and a juice box.



WHY WE NEED YOUR HELP?

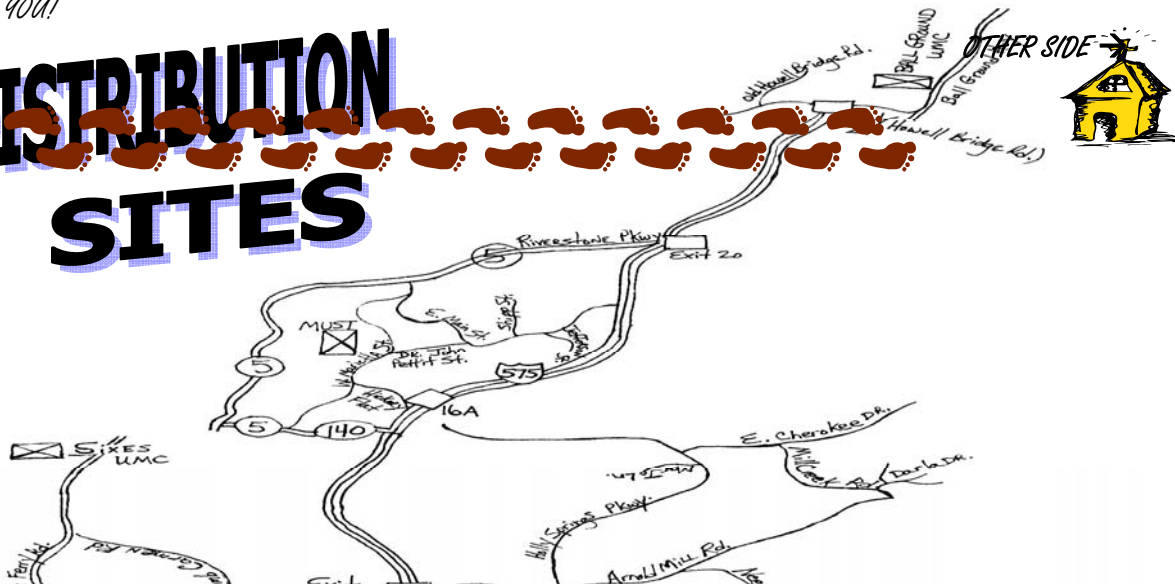
VOLUNTEER?

Because YOU are what makes this program possible. Secondly, our program continues to grow. As we meet the needs of more and more children every year our need for volunteers increases. Last year alone, we fed 750 children daily, with that only being a small percentage of those who need us. We are willing to reach the needs of more children, but in order to do that we need YOU!

Anyone can volunteer. We do, however, ask upon MUST regulations that children be 10 years of age or older to participate in delivering lunches. Otherwise, children can help with checking and packing lunches, preparing the lunches and decorating lunch bags.

WHO CAN

DISTRIBUTION SITES





WHAT CAN ONE DO AS A VOLUNTEER?

There are many different things a volunteer can do. For instance, one could make the sack lunches as an individual or group and then drop them off at the nearest distribution site. Another person could be a part of picking up the lunches and delivering them to children in specific areas. As well, volunteers are also needed at distribution sites with checking, counting and packing lunches as they are delivered to that site's location. Children can also help with the lunches in addition to decorating the lunch bags.

IS THERE A DAILY MENU FOR SACKED LUNCHES?

Yes, there is a menu set for each day of the week. Each day represents a different kind of sandwich in addition to a variety of other items. We please ask that condiments be left off due to individual preferences.

*MONDAY- Turkey & Cheese Sandwich, Chips
Orange, Juice Box*

*TUESDAY- Ham & Cheese Sandwich, Pretzels,
Banana, Juice Box*

*WEDNESDAY- Bologna & Cheese Sandwich,
Carrot sticks, Brownie, Juice*

*THURSDAY- Ham Sandwich, Chips, Dessert
Item, Juice Box*

*FRIDAY- Peanut Butter & Jelly Sandwich
Corn chips, Apple, Juice Box*