

# Would you like to be a part of feeding kids in need this summer ... without even leaving Rockdale County?



[www.RockdaleEmergencyRelief.org](http://www.RockdaleEmergencyRelief.org)

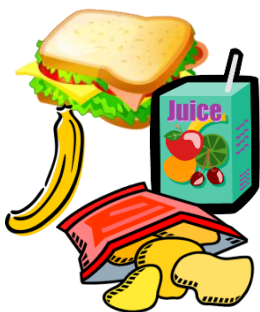
You **CAN** - by volunteering with Rockdale Emergency Relief (RER) and our **2017 RER Summer Lunch Program**, part of your local “Be Bright, Eat Right Rockdale” Coalition!

We are asking for organizations (congregations, businesses, civic groups, scout packs, book clubs, sports teams, etc. ) to say, **“YES - we will adopt 1 day this summer and provide at least 300 sack lunches to help kids in need”**  
... or adopt more than 1 day if you can!



## **Here's all you need to do:**

**1) Select** a weekday between May 29 & July 28 that your organization would like to adopt. **2) Contact** our RER Summer Lunch Coordinator via email - [summerlunch@rockdalerelief.org](mailto:summerlunch@rockdalerelief.org) – and tell us what day(s) you'd like to adopt and how many lunches you'll be providing. **3) Obtain** the items you'll need (see the other side of this flyer) and gather your friends, family, co-workers, etc. together to prepare your sandwiches and pack your lunches. **4) Transport** the lunches to one of our Summer Lunch host sites on the morning you selected (or the day before).  
*We'll take it from there!*



**RER hopes to feed up to 500 kids every weekday this summer.  
You can make a difference! You can help! You CAN do it!**

HOST SITE in OLDE TOWN:

Conyers Presbyterian Church

911 N Main St NW, Conyers, GA 30012

(Map & Directions available at:

[www.conyerspresbyterianchurch.atlpcusa.org](http://www.conyerspresbyterianchurch.atlpcusa.org))

HOST SITE in SALEM:

Family Life Center @ SUMC

Rear Parking Lot of Salem United Methodist Church

3962 Salem Road, Covington, GA 30016

(Map & Directions available at: [www.salemumc.org](http://www.salemumc.org))

# Here are all the details ...

**A lunch always includes 4 items: (1) the sack, (2) a sandwich, (3) a “salty snack,” and (4) a “fruit snack.”**

**NOTE:** We have eliminated bottled waters from this year’s Summer Lunches. Instead, each route will go out with a drink cooler filled with ice cold water. We want to minimize waste and also help donating groups to keep costs low, and when possible, redirect the cost of providing bottled water into providing healthier nutritional food items (i.e. fresh fruit, etc.)

## **Menu Recommendations**

**Monday:** Peanut Butter & Jelly (or Honey) sandwiches, a salty snack, a fruit snack, and bottled water or juice box (this allows us to let the families with children that have peanut allergies know that every Monday is PBJ day)

**Tuesday:** Ham & Cheese sandwiches, a salty snack, a fruit snack and bottled water or juice box

**Wednesday:** Bologna & Cheese sandwiches, a salty snack, a fruit snack and bottled water or juice box

**Thursday:** Ham sandwiches, a salty snack, a fruit snack and bottled water or juice box

**Friday:** Turkey & Cheese sandwiches, a salty snack, a fruit snack and bottled water or juice box

## **Preparation Guidelines**

- Ensure that your preparation area is clean and sanitary
- Wash your hands or wear gloves when preparing the sandwiches
- The average loaf of bread should yield 10-12 sandwiches
- Pre-mix peanut butter with the jelly before spreading it on the bread
- **DO NOT use condiments** – if you wish, you may donate pre-packaged mayonnaise and/or mustard instead
- Put prepared sandwiches into Ziploc style bags. Keep the sandwiches refrigerated or in a cooler until they are delivered to the host site. (HINT: bread loaf sleeves are great for refrigerating sandwiches not yet individually bagged.)
- Put all of the lunch items into the lunch bag

## **Other Tips and Suggestions**

- You are more than welcome to decorate the lunch bags! Make it fun! (No inserts/flyers/tracts please – thank you!)
- Please keep extra treats and/or condiment packets separate from the lunches. They will be handed out separately
- Ideas for “salty snacks” include pretzels, chips (SunChips, Baked Lays, Terra Chips, etc), cheese crackers, peanut butter crackers, etc. The more nutritious the better!
- Ideas for “fruit snacks” include fresh fruit, dried fruit, apple sauce, fruit cups, fruit bars, etc. Please note that as much as kids love them, fruity candy does not substitute for actual fruit. Again - the more nutritious the better!
- Employ the “Parent” trick of turning the two heel or end pieces of bread “inside out” and using the endpieces along with the regular slices!
- By shopping at Sam’s Club, BJ’s, or Costco you can generally purchase items for a complete lunch for under \$2.00

## **Delivery Guidelines**

- Prepared/Complete Sack Lunches should be delivered to our Summer Lunch host site either
  - a) between 9:30 and 10:00 a.m. on the date you signed up for, or
  - b) before 1:00 p.m. on the weekday **before** the day you adopted
- If you are signed up to provide lunches for a Monday date, you can bring your Prepared/Complete Sack Lunches on the Friday before (please do so before 1:00 on Friday)
- If you are signed up to bring just the meal components for making lunches (e.g. either just sandwiches or individual bags of chips, etc.) instead of completed sack lunches, please bring the items to our Summer Lunch host site between 9:30 and 1:00 at least two weekdays prior to the date you adopted

## **ALSO:**

**Let us know if you are interested in**

**A. Driving routes and delivering lunches**

**B. Serving as a volunteer at a**

**Summer Lunch host site**

**CONTACT our Summer Lunch Coordinator**

**[summerlunch@rockdalerelief.org](mailto:summerlunch@rockdalerelief.org)**

**Rockdale Emergency Relief  
is a United Way Grantee Partner**

United Way of  
Greater Atlanta



*Rockdale Emergency Relief  
is once again partnering to feed children  
During the summer as part of our local  
“Be Bright, Eat Right Rockdale” Coalition*