

“Warm a Heart, Lift a Spirit” Sack Lunch Creating Event

Saturday February 8, 2020 10am-12pm

Join us in the Old Quarry Middle School (16100 W. 127th St, Lemont) lunchroom
as we create a lunch to fuel body & spirit
assembling lunches for clients
of Morningstar Mission & Daybreak Shelter,
and seniors in several of the senior centers in
the Lemont Community, as well as homebound friends
& create Care Boxes for our Local Service Men/Women



****Donations items needed for the 500+ “Warm a heart” lunches:**

****Sandwich makings** (loaves of bread, PB&J)

****Small bags of chips, pretzels, etc.**

****Prepackaged snacks & snack bars** (granola, breakfast bars, etc.) *We need tons!*
Extra snacks will be very appreciated later between meals when they are hungry

****Cases of bottled water** (individual bottles)

****& Care Box for Troops Items Needed:** Snack Bars; Deodorant; high quality socks; foot powder;
razors; gum/candy; lip balm; baby wipes; toothbrushes/toothpaste/floss

*****Most importantly:*** notes of encouragement, inspiration, quotes, etc. These messages are to warm the heart ☺
They are kept for long after the lunch has been eaten. They are read and reread at times when someone needs
to know they are in the hearts, thoughts and prayers of a “friend”.

***Drop off donations bins located at:
Old Quarry Middle School (bin inside front door) & Starbucks***



***For questions or information on this
Hope and Friendship event please email***
Email: info@hopeandfriendshipfoundation.com
Website: www.hopeandfriendshipfoundation.com



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