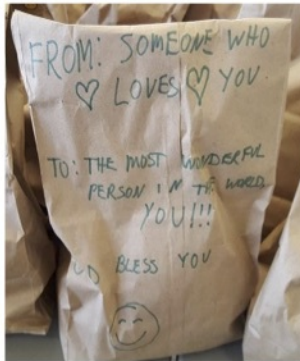


# “Warm a Heart, Lift a Spirit” Sack Lunch Event 2021 aka: The DIY/COVID protocol Sack Lunch w/ Heart Event

Create lunch bags filled with snacks and positive/uplifting notes and snacks, to nourish body & spirit, as a gift for clients of Morningstar Mission; Daybreak Shelter; seniors in several of the senior centers in the Lemont Community; as well as homebound friends here within our arm’s reach. The need for an uplifting gift to nourish body and spirit is needed now more than ever!

**\*\*How to create “Warm a heart” lunch bags:**

- 1) Start by creating positive/uplifting notes- the more the better!
  - 2) Decorate a large lunch bag or small handled bag (approx. 11” x 6”)
  - 3) Add 4-6 notes in the bottom of the bag
  - 4) *Option-* Add a \$5 gift card to McDonalds; Burger King; or Subway (not necessary- can be added with donated ones)
  - 5) Add 3-4 Prepackaged snacks & snack bars (granola, breakfast bars, etc.)
- Extra snacks will be very appreciated later between meals when they are hungry
- NO FRESH FOOD in “Warm a Heart” Sacks- bags will sit for a couple weeks until delivery day**
- 6) Add 1-2 small bags of chips, pretzels, etc.
  - 7) Close bag by stapling or taping closed ONLY IF gift card is added. Simply roll closed if a gift card needs to be added.
  - 8) Drop off “Warm a heart” lunch bags **BY MONDAY FEBRUARY 15<sup>TH</sup>** to one of the donation sites listed below



**\*\*The uplifting notes of encouragement, inspiration, etc., are the heart of this gift, and 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 of a “friend”. Notes only are accepted in bins.**

**\*\*Donations of \$5 gift cards to fill the bags with a lunch for later can be dropped off to: Next Mex; Corner Stone Tavern; Tap House Grill; (please take to employee by register who will have donation envelope); or email for other options.**

**\*\*This is a community service opportunity event- keep track of your time and we will sign your tally sheet, or create a letter for you**

**Drop off donations bins for the “Warm a Heart” Lunch Bags: Old Quarry Middle School (bin inside front door); Next Mex (319 Front St., Lemont); Corner Stone Tavern (103 Stephen St., Lemont); Starbucks- Lemont; Tap House Grill (1243 State St., Lemont)**

**Drop off donations of \$5 Gift Cards (McDonalds; Burger King; Subway) to: Corner Stone Tavern; Next Mex; Tap House Grill; or email for more options**



**For questions or information on this Hope and Friendship event please email**

Email: [info@hopeandfriendshipfoundation.com](mailto:info@hopeandfriendshipfoundation.com)

More info on our website: [www.hopeandfriendshipfoundation.com](http://www.hopeandfriendshipfoundation.com)

