



# WE CARE AND FRIENDS

**We Care and Friends** is seeking volunteers to buy supplies and build bagged lunches for those in need each week. For many of our clients, including children and homeless, a healthy lunch from **We Care and Friends** can be the difference in whether or not someone in Annapolis goes hungry.

Organizing a bagged lunch assembly is a fun and simple way to give back to the community. From our experience, groups of five to ten people can purchase the supplies for about \$1.10 per lunch and assemble 100 lunches in under an hour.

## Lunch Suggestions

- ♥ Sandwich on whole wheat or whole grain bread (bologna, ham, or turkey with cheese)
- ♥ Fresh fruit that can be refrigerated
- ♥ One or two snack items (granola bar, pretzels, raisins, yogurt, string cheese, carrots, celery sticks)



*Due to storage limitations, we ask that bagged lunches be delivered to our office on Wednesday afternoons or Thursday mornings.*



Email us at [wecareandfriends@yahoo.com](mailto:wecareandfriends@yahoo.com) for more information or to sign up your group for one week or several weeks.

## We Care and Friends

c/o Stanton Community Center  
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Phone: 410-263-2874  
[www.wecareandfriends.org](http://www.wecareandfriends.org)

**We Care and Friends** is a 501c3 organization, led by Larry Griffin since 1991, aiming to build strong families and communities in areas affected by drugs, poverty and crime in Annapolis and Anne Arundel County, Md.