**SHOPPING LIST FOR 20 SSH-STYLE MEALS**

**(Rev. Sept. 2022)**

***Drinks not needed! Cash donations to SSH are being used to deliver cases of bottled water to Samaritan House, to go with PTBE meals.***

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| **ITEM** | **YOU’LL NEED** | **PLUS *EITHER:*** |
| **SANDWICHES**If you have extra, place in separate **labeled** bag. | **Two loaves** of a standard 22- or 23-slice white/wheat. (This is one Costco double-pack.) | **About 24 oz.** smooth peanut butter**and 32 oz.** jelly | ***OR*:** Medium jar of mayo/ mustard **and 60-80** slices cheese (Or less, if you add other items!) |
| **CONTAINERS** | **20** **paper lunch bags** | **40** **baggies** (20 sandwich-size **+** 20 snack-size for carrots) *Cookies can go directly in lunch bag.* | ***OR*:** **40** **pre-cut 10”x12” foil sheets** (20 for sandwiches **+** 20 to *cut in half* for carrots & cookies)  |
| **FRUIT** | **EITHER >>** | **20** small apples (1 per meal), or**20-40** mandarin oranges (1-2 per meal)  | ***OR*:** **20** small boxes of raisins |
| **VEGETABLE** | **EITHER >>**(or other healthy snack) | **2 lbs. baby carrots** (About 4-5 carrotsper meal) | ***OR*:** **2 lb. bag sweet mini peppers** (2-3 per meal) |
| **COOKIES** | **2 regular packs Oreo-type cookies**(3 per meal) | You can substitute any small dessert. Costco / Smart & Final have many. Note, a Costco box of Oreos covers about 43 meals. |
| **NAPKINS** | **20-40** (1-2 per meal, depending on quality) | Feel free to decorate bags orinclude short notes of kindness! |