

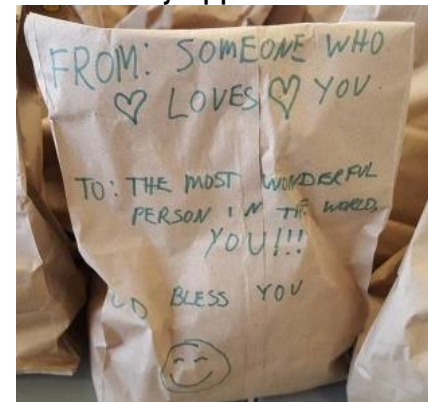
“Warm a Heart, Lift a Spirit” Snack Sacks 2025

At Home Community Service or Join us on Sat. Feb. 1st 10am-12noon

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 and so very appreciated!

****How to create “Warm a heart” snack sacks:**

- 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) Add 3-4 Prepackaged snacks & snack bars (granola, breakfast bars, etc.) Add hard candy/gum/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 few days until delivery day***
- 5) Close bag by stapling or taping closed.
 - 6) Drop off “Warm a heart” lunch bags **BY Wednesday January 29th** 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 on their own are also accepted in bins, we'll add them to bags we create at our event day.

****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 donation bins for the “Warm a Heart” Lunch Bags: Old Quarry Middle School (bin inside front door); Three Stories Books (310 Canal St., Lemont); Lemont Police Dept. (bin inside front entry) by Wednesday January 29th.

****Or join us in person for the “Warm a Heart, Lift a Spirit” event day:
Saturday February 1st 10am-12noon @ Old Quarry Middle School in the small gyms.**



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

Email: info@hopeandfriendshipfoundation.com

More info on our website: www.hopeandfriendshipfoundation.com

