

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

**Saturday February 1, 2025 10am-12pm**

Join us in the Old Quarry Middle School (16100 W. 127<sup>th</sup> 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;

& We'll create Care Boxes for our Local Service Men/Women



## **\*\*Donation 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 Troop Items Needed:** Snack Bars; Deodorant; high quality socks; foot powder; razors; gum/candy; lip balm; baby wipes; toothbrushes/toothpaste/floss; hot sauce; candles

**\*\*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 donation bins located at:*

*Old Quarry Middle School (bin inside front door); Three Stories Books (310 Canal St., Lemont);*

*or Lemont Police Dept. (to bin inside front entry)*

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

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

Website: [www.hopeandfriendshipfoundation.com](http://www.hopeandfriendshipfoundation.com)

