

Bringing Breakfast

About 30 men will be eating breakfast each morning. They'll fix their own meals—all you need to do is bring food that's easy to prepare and appropriate for breakfast.

WHAT TO BRING

- ✓ Milk (2 gallons are consumed each day)
- ✓ Juice
- ✓ Cereal or oatmeal
- ✓ Toaster pastries
- ✓ Granola bars or cereal bars
- ✓ Bananas and other fruit
- ✓ Yogurt
- ✓ Hard-boiled eggs
- ✓ Raisin bread or other breakfast-type bread
- ✓ Butter
- ✓ Anything else that is easy to prepare

Bring enough food for 30 men.

WHEN TO BRING IT

You can drop off your items **a day or two before** the day you've signed up for. Bring them anytime between 8:30 am and 5 pm.

QUESTIONS?

If you have any questions, please call **BETH ZOBEL** at 425-503-4036 or **Claudia Ballheim** at 425-398-9829.

Thank you for your kindness!

Bringing Lunch

The men make their own brown-bag lunches early in the morning before they leave and take them with them when they leave for the day. **Choose items that are easy to prepare, portable, and can last a few hours without refrigeration.**

WHAT TO BRING

- ✓ Sandwich meat
- ✓ Cheese
- ✓ Bread
- ✓ Condiments (mayo or mustard)
- ✓ Fruit (think portable: apples, bananas, grapes)
- ✓ Granola bars or cereal bars
- ✓ Yogurt
- ✓ Beverages (cans of pop, juice packs)
- ✓ Bottled water

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Thank you for your kindness!