**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 carrots per 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 or include short notes of kindness! | |