

MAKE SANDWICHES or SNACK BAGS

Instructions:

Make sandwiches or snack bags at home and drop them off at Yu Ying between 4 and 5 pm on January 18, 2021

Why:

Hunger in the District

One in six households in the District struggle to afford enough food.

One in three children in the District experience food insecurity, and don't know where they will get their next meal.

On any given night, there are 8,350 homeless people in the District, including thousands of children.

Hunger is linked to increased risk of chronic disease and poor psychological health in adults.

Children growing up hungry are especially vulnerable to stunted development and behavioral issues.

Hunger hits hard. But you can help!

Martha's Table is taking their food truck out to neighborhoods in DC every day and distributing sandwiches and snack bags to people in need of healthy food. They need **US** to make the sandwiches and snack bags for them to distribute!

How:

1. Decide whether you are going to make snack bags or sandwiches or both!
2. Grocery shop for the necessary ingredients and for sandwich bags.
3. You will also need a sharpie pen to label the bags.
4. Make the sandwiches/snacks at home and take a picture. Share on social media with the **#YuYingMLKDay** and **#SpreadtheLove**
5. Then deliver them to Yu Ying between 4 and 5 pm on January 18.
6. Yu Ying has an appointment to deliver the food to Martha's Table! We'll take pictures and share on social media too! **#YuYingMLKDay**
#SpreadtheLove

What:

SANDWICHES

Ingredients:

WHOLE WHEAT BREAD

Peanut Butter

Jelly

1. Make sandwiches
2. Place each sandwich in its own sandwich bag
3. Label the sandwich bag with PBJ
4. Make as many sandwiches as you choose!

SNACK BAGS

Ingredients:

Any healthy snack options

([Martha's Table suggestions](#))

Suggestions for possible

ingredients: raisins, pretzels, sunflower seeds, chex cereal, shredded coconut, banana chips, dried fruit, pumpkin seeds

1. Take a sandwich bag
2. Add a large spoonful of each of your ingredients to the bag.
3. Label the sandwich bag the name of the snack mix or the snack mix ingredients
4. Make as many snack mix bags as you choose!