



HOUSING + EMPLOYMENT + LIFE SKILLS

ADOPT-A-MEAL PROGRAM

Sack Lunches

- **50 sack lunches** for families
- **Delivered by 9:00 pm the day before** they will be served
- **Once a month for 12 months**
- **1 Sandwich with meat** (condiments on the side- including tomatoes and lettuce)
- **Fruit** (Don't put bananas in the refrigerators- they will turn brown)
- **Chips**
- **Healthy Snack** (such as a granola bar)
- **Dessert**
- **Beverage** (no soda)
- **Napkin**
- **Plastic Utensils** (if needed)

Union Station Homeless Services is in need of volunteer groups to purchase & prepare one meal per month at our Family and Adult Shelters for the homeless. If your family, corporate, religious, civic, or social group can provide a hot dinner or sack lunches once a month for our homeless clients, please contact us!

For more information call

626-240-4550 ext. 124

or email

volunteer@unionstationhs.org

Dinners

- **About 50+ plus hot, nutritious meals** for families or single adults
- Groups may use Union Station's Commercial Kitchen (number of meals may vary, ask Volunteer Coordinator for more info)
- **Once a month for 12 months**
- **Main Dish** (no pasta or pizza please!)
- **Vegetable**
- **Starch**
- **Beverage**
- **Dessert**
- **Salad**