

LUNCHES FOR CONNECTIONS FOR THE HOMELESS

SHOPPING GUIDE

Our goal is to provide a tasty, healthy lunch in a sack for clients of Connections. This is a list of components to help you in your planning. Our experience is that ALDI is the store providing the best value, but you can shop anywhere. The specific prices and brand names are from ALDI.

Each lunch has two components; drygoods and fresh foods.

DRY GOODS

- Paper lunch bag (feel free to recycle plastic grocery bags for this)
- Plastic sandwich bag
- Juice box - 100% juice
- Granola bars in multiple flavors (8 bars in a package at Aldi)

FRESH FOODS

- Bread - 2 slices whole wheat/sandwich - 50 slices
- Meat - 2 slices turkey, chicken or beef (no pork) 3.5 lbs.
- Cheese - 1 slice/sandwich - 25 slices
- Fruit - apple or clementine or banana - 25 pcs.

COST ESTIMATES FOR 25 LUNCHES

- Pack of 8 juice boxes @ \$1.99 each x 5 = \$10.00
- Box of 6 Trail Mix bars @ \$1.99 each x 5 = \$8.00
- Loven Fresh 100% whole wheat bread - 20 slices/loaf - @ \$1.35 each x 3 = \$4.05
- DeliSliced Oven Classic Turkey Breast - 7-8 slices in 8 oz. package @ \$2.99 each x 7 = \$20.93
- Fruits - 25 - @approx. \$.30 each = \$7.50
- Cheese - 10-12 slices per package @\$1.99 each x 3 = \$5.97
many varieties available

*THE TOTAL COST FOR 25 LUNCHES IS \$56.45, PLUS THE COST OF PAPER AND PLASTIC BAGS.

*THE COST FOR THE FRESH FOODS ONLY FOR 25 LUNCHES IS \$38.45

*THE TOTAL COST FOR ONE LUNCH IS \$2.26, PLUS THE COST OF BAGS

*THE COST FOR THE FRESH FOODS ONLY FOR 1 LUNCH IS \$1.54