

# #SpreadTheLove Sandwich Making Kit





## Hunger in the District

- One in six households in the District struggle to afford enough food.<sup>1</sup>
- One in three children in the District experience food insecurity, and don't know where they will get their next meal.<sup>2</sup>
- On any given night, there are 8,350 homeless people in the District, including thousands of children.<sup>3</sup>
- 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.<sup>4</sup>

**Hunger hits hard.  
But you can help!**

<sup>1</sup> *How Hungry Is America?*, Food Research and Action Center <sup>2</sup> *Map the Meal Gap*, Feeding America <sup>3</sup> The Community Partnership for Prevention of Homelessness

<sup>4</sup> Feeding America



## How You Can Make a Difference

**Step 1:** Use this kit to host a sandwich making party with your family, friends, or coworkers.

**Step 2:** Follow the guidelines and donate sandwiches to Martha's Table.

**Step 3:** McKenna's Wagon, our daily mobile food truck, rolls out every night to provide nutritious meals and sandwiches to hungry neighbors at 2 downtown stops. We distribute over 300 sandwiches each night!



*(The Washington Post)*

*Interested in volunteering on McKenna's Wagon?*

*Visit: <http://marthastable.org/get-involved-2/volunteer> to sign up for a shift!*



## The Season of Giving Starts Now!

Make and donate PB&J sandwiches to Martha's Table and help us **#SpreadTheLove**! The sandwiches you make will be distributed to neighbors in need through McKenna's Wagon.

This toolkit is your ultimate guide to hosting a **#SpreadTheLove Sandwich Making Party**.

### In This Ultimate Guide You Will Find:

Fun Pro-Tips.....	5
Sandwich Making Guidelines.....	6
How To Spread The Word About #SpreadTheLove.....	7
How To #SpreadTheLove Without PB&J.....	8
Donation Form.....	9





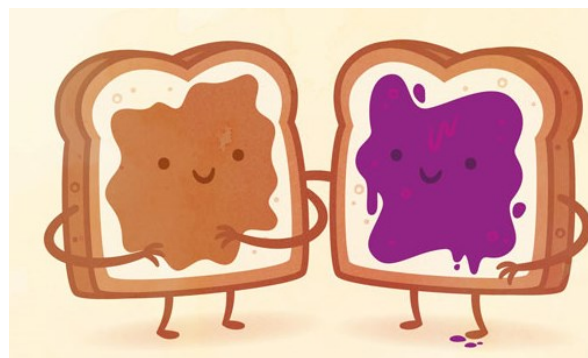
## The Ultimate Guide To Hosting a #SpreadTheLove Sandwich Making Party

### Who Can Join The Party? Anyone!

- Make PB&J sandwiches at home with your kids!
- Gather co-workers in the office break room for a sandwich making challenge.
- Invite friends over for dinner and host a #SpreadTheLove sandwich making party!

### Fun Pro-Tips

- Assign one volunteer to shop for all ingredients so you can take advantage of bulk discounts.
- Use Venmo to have participants chip in ahead of time.
- Before going shopping, clear space in your fridge to store ingredients or assembled sandwiches.
- Mix the PB&J in one bowl so it's easier to spread.
- Use a disposable plastic tablecloth for quick clean up.
- Create a #SpreadTheLove playlist so everyone can jam out at your party! We suggest including "*Peanut Butter Jelly Time*" by the Buckwheat Boys!
- Hold a competition to see who can make the most PB&J sandwiches in an hour!
- Make everyone ***peanut butter and jealous*** by sharing pictures of your sandwich making party! Don't forget to tag Martha's Table on Facebook, Twitter and Instagram!





## Sandwich Making Prep

	100 Sandwiches	250 Sandwiches	500 Sandwiches
Bread Loaves	10	23	46
Creamy PB	60 oz or 4 lbs	150 oz or 9.5 lbs	300 oz or 19 lbs
Jelly	60 oz or 4 lbs	150 oz or 9.5 lbs	300 oz or 19 lbs

It only takes **17 seconds** to make one PB&J sandwich. The cost per PB&J sandwich is just **40 cents**.

### Sandwich Guidelines

- Use **healthier** types of ingredients, such as whole wheat bread. Please make fewer sandwiches if healthier ingredients are more expensive.
- Individually **wrap** the sandwiches in foil, plastic wrap, or sandwich bags. **Label** sandwich bags “PBJ.”
- Place the sandwiches in boxes in order to make transporting them easier. Label the boxes “Peanut Butter & Jelly.”
- Prior to dropping off the sandwiches, please provide a description, count and estimated value of what you are donating using the **Donation Form** on page 9.
- **Deliver** sandwiches to 1474 Columbia Rd. NW Washington, DC 20009. Please check our online scheduling calendar for the next available drop-off date. If certain dates are unavailable, that means we have reached max capacity for scheduled donations. Due to limited storage at The Maycroft, we cannot accept unscheduled food donations.
- Thank you in advance for helping us ensure we have the storage capacity to receive your sandwich donations! If you have additional questions, please e-mail: [donations@marthastable.org](mailto:donations@marthastable.org). We appreciate your support and understanding.



## Spread The Word About

### #SpreadTheLove

Take a picture of your sandwich making and tag us on Facebook, Twitter, and Instagram! Encourage your friends to #SpreadTheLove and help us feed our DC neighbors!



### #SpreadTheLove



@MarthasTableOrg



@MarthasTableorg



@marthastable



## Can't #SpreadTheLove With PB&J?

### *Here's how else you can help:*

- Make and donate meat and cheese sandwiches.

Please:

- ◆ Use healthier ingredients, such as whole wheat bread or lean meats (avoid bologna and white bread).
- ◆ Do NOT apply condiments to sandwiches (to extend shelf life).
- ◆ Individually wrap the sandwiches and label sandwich bags to indicate sandwich contents (ex. TC = Turkey and Cheese; HC = Ham and Cheese)
- ◆ Sort sandwiches by type and place them in boxes labeled "Meat & Cheese" so we can quickly determine what must be refrigerated.
- ◆ Fill out the Donation Form on page 5 prior to dropping off sandwiches.
- ◆ While transporting sandwiches, be aware that they should be refrigerated right away.

- Donate jars of peanut butter and jelly or sandwich bags.
- Encourage others to make and donate PB&J sandwiches. Reach out to friends, family, and local volunteer and church groups.







## In-Kind Food Donation Record

Fill out one form for each drop off of donated food.

Date \_\_\_\_\_ Donated by \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 Zip \_\_\_\_\_ Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Items Donated:

	<u>Quantity</u>	<u>Value</u>
1. Sandwiches	_____ ea	_____
2. Canned Goods	_____ lbs	_____
3. Bread/Loaves	_____ ea	_____
4. Produce/Fruit/Meat Prepared Meals	_____ lbs	_____
5. Desserts	_____ lbs	_____
6. Misc. Non-food	_____	_____

Total Value.....\$ \_\_\_\_\_

Comments/Instructions

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Received by: \_\_\_\_\_ Date: \_\_\_\_\_