

#SpreadTheLove Sandwich Making Kit





Hunger in the District

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

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

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

⁴ 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:

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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. 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

Received by: _____ Date: _____