



PB+J with Love Snack Sacks

On behalf of the St. Vincent de Paul Society at St. John Church, we invite you to help prepare "PB+J with Love Snack Sacks," a ministry serving homeless in the Lansing area. **Sign up now.**

This ministry will provide 50 nutritious snack sacks for homeless men and women who visit Advent House Ministries in Lansing for their Tuesday lunch. For many of these neighbors, the snack sack likely will be the only food they may have until lunch or dinner the following day.

Each Monday evening members of the parish (individuals, groups of friends, or families) will take turns preparing 50 snack sacks for distribution at Advent House on Tuesday mornings. The St. Vincent de Paul Society at St. John, funded by contributions from parishioners, will provide the items needed for the snack sacks and will deliver them to Advent House.

How the program works:

1. A St. Vincent de Paul volunteer will prepare two tubs containing all of the items needed for the snack sacks. The tubs will contain bread, peanut butter, jelly, fruit, cookies or granola bars, napkins, plastic bags for sandwiches, paper sacks, and notecards. Also enclosed will be two pairs of plastic gloves for food handling and a few instructions will be taped on the inside of the lid of the tub.
2. The two tubs will be available for pick up any time Sunday between 8:00 a.m. and 8:30 p.m. Tubs will be placed on a rolling cart in the lobby area of the rear entrance to St. John. *Please note that there's no need to park in the ramp or on the street when you pick up the tubs; just pull your car up to the rear entrance – and park next to the ramp so that you're not blocking traffic – and pick up the two tubs.)*

3. After picking up the tubs from the church, please text or call Sue Nelson (517-230-7106) to let her know the approximate time you plan to drop off the prepared snack sacks (either Monday evening or early Tuesday). Note: Please drop off to the same location any time after 6:00 p.m. on Monday or before 9:00 Tuesday morning (the church is open until 10:00 on Monday and opens at 8:00 a.m. on Tuesday).
4. Please prepare the sandwiches Monday late afternoon or evening so the sandwiches will be fresh, and then assemble the snack sacks. If you wish, jot a short note, prayer or message on the provided notecards. If you have children who like to draw, consider decorating the notecard or the paper sacks.

Thank you for helping our neighbors in need.

God bless,

Sue Nelson, SVdPS Member and PB+J with Love Snack Sacks Coordinator

Care to deliver the snack sacks on Tuesday mornings? We would like to have a group of volunteers who could take turns delivering the assembled snack sacks on Tuesday mornings, picking up from St. John between 9 and 9:30 and delivering to Advent House (743 N. Martin Luther King Jr Blvd, Lansing, MI 48915). [Sign up now.](#) Delivery instructions will be provided on the inside of the tubs.