

Sandwich Making



MATERIALS

- White or White-Wheat Bread
- Turkey or Ham
- Cheese
- Ziplock sandwich bags
- Make sure to keep the bag that the loaf of bread came in

Why Make Sandwiches?

The Mission statement of The Sandwich Project is: To produce, collect, and distribute food to organizations that feed those experiencing homelessness and food-insecure families in the Atlanta metro area.

Many families struggle to earn enough money to purchase the food they need. Approximately 41 million people struggle with hunger in the United States, including 13 million children and 5 million seniors.

Missing one meal a day can make you irritable and tired. Missing more than one meal in a row can weaken the body and mind. If this regularly happens, you can experience toxic stress, depression, or physical illness.

CONVERSATION STARTERS

- Are you hungry when you wake up in the morning or after you get home from school?
- How do you feel when you start to get hungry?
- You need food to be able to grow big and strong; what happens if you don't have any food at your house?

START A RIPPLE OF GIVING

- Trade watching a TV show after school for making some sandwiches as a family!

DIRECTIONS:

1. Wash your hands and have clean work surfaces. Pull back long hair.
2. Layout the bread. Make sure not to include ends/heels, and use white or White-wheat bread. Please do not add condiments to the sandwich!
3. Place a piece of cheese on each slice of bread. You may add another if you have enough supplies, the goal is to make a high-calorie sandwich!
4. Generously add 4-5 slices of either ham or turkey to each sandwich.
5. Assemble the sandwich neatly. Make sure that the cheese and meat are tucked into the bread.
6. Place sandwiches in individual ziplock bags. Gently press out excess air from bags.
7. Use an empty bread loaf bag to package sandwiches. Neatly stack inside the bag.
8. Fill the bag to the top but be sure not to squish the sandwiches!
9. Secure the bag with a twist tie or a knot.
10. Be sure to keep all ingredients refrigerated constantly, and refrigerate sandwiches after they are made.
11. There is no minimum or maximum amount of sandwiches you can make.



REFLECTION

Have your family/group come together after you have made the sandwiches. Ask each family member to come up with 5 words that describe the day's experience in response to the questions below.

- Why was it important to do this project?
- How did you help?
- What was it like to work together as a family for this project?
- What was the best part of the experience?

