



Bring-A-Meal (BAM) Opportunity

Opportunity and Location

Sandwich Making Opportunity
3800 S. Othello St, Seattle, WA 98118
(206) 556-5912

Event Supplies

Based on an estimated average of .8 oz of jelly and 1.3 oz of peanut butter per PB&J a team could assemble 400 sandwiches using 800 slices of bread, 320 oz of jelly and 533 oz of peanut butter. You can make 400 sandwiches with 20 people in about 1 hour. Keep this in mind as you plan your shopping list and budget.

Sample Costco shopping list to assemble 400 sandwiches:

- 16 packages (double loaves) of bread
- 8 jars of jelly (48 oz each)
- 6 double packages of peanut butter (96 oz/2 pk)
 - Please purchase **creamy peanut butter**, as sandwich recipients may have trouble consuming crunchy
 - Please put **peanut butter on both sides** of the bread and jelly between the peanut butter. This will help keep the jelly from "leaking" through the bread and making it soggy

In addition to food, the following non-food supplies are required:

- 400 sandwich bags (can be either zip-lock or fold over variety)
- Plastic gloves to wear while making sandwiches
- Clorox wipes (to clean surfaces ahead of time)
- Plastic spoons & knives for scooping and spreading jam & jelly
- Spatulas to get jam and peanut butter out of jars
- Plastic wrap to cover work area surface (aids in cleanliness and clean-up)
- Tape (to help hold down plastic wrap)
- Cardboard boxes to transport completed sandwiches. 6-8 Costco fruit crates work great!

Budget

For a sandwich-making event, the estimated costs of food supplies will be approximately \$175.00 per 400 sandwiches (\$4 per double loaf of bread, \$6 per jam jar, \$10 per double peanut butter jar). Non-food supplies will be another \$50, but once purchased in bulk could be leveraged for more than one sandwich-making event.

Packing the sandwiches for transport

We ask that all the sandwiches are in boxes placed in rows on their ends (not flat) so they do not get smashed. The best boxes are the size of fruit crates or something around the size of a small packing box that are about 2x2 foot. smaller boxes are easier to handle.

Delivering the sandwiches

Sandwiches need to be delivered by 11 am to the Administration Building of the Mission. Delivery address: 3800 S. Othello Street, Seattle, WA 98118. (This is where we back the vans for the Missions Outreach Teams)

Do you have questions about BAM? Get in touch with Lori — Ischupbach@ugm.org or (206) 556-5912.