

A MEAL WITH DIGNITY

STANDARD MEAL-MAKING TOOLKIT



MAKE A SANDWICH, MAKE A DIFFERENCE

FRESH AMWD LUNCHES ARE MADE THE DAY OF AND DELIVERED DIRECTLY TO WHERE OUR SHELTERLESS NEIGHBORS ARE LIVING ON THE STREETS IN OUR COMMUNITIES, FULLY RESPECTING THEIR RIGHTS AND DIGNITY.

— JOY D'OVIDIO CO-FOUNDER AND CEO

ABOUT A MEAL WITH DIGNITY

A Meal With Dignity (AMWD) is a registered 501(c)(3) nonprofit and grassroots organization that supports individuals, groups, and companies to create and provide fresh, organic, and sustainable individual bagged lunches to the unsheltered homeless where they live.

OUR MISSION

To inspire everyone to feed our neighbors currently experiencing homelessness with dignity - one personally-delivered, fresh & nutritious bagged lunch at a time.

OUR PROGRAM

At its core, A Meal With Dignity is a grassroots movement that brings groups of people together to make handmade lunches with high-quality, local ingredients and hand-deliver those lunches to our unsheltered neighbors currently experiencing homelessness in their communities.



AWAKEN
COMPASSION

BUILD
EMPATHY

TAKE
ACTION



RESPONSIBILITIES

Plan AMWD Event

Host AMWD Event

Guide Volunteers through Prep and Delivery

Host Reflection

Deliver the Meals

Report Number of Meals

Send Photos to photos@amealwithdignity.org

Promote Success on Social Media





EVENT TIPS

1. Decide if your event will be in person, virtual, or both. Let people know how to attend far in advance.
2. Purchase compostable sandwich wrappers, packaging, napkins, bags, olive oil, dessert, and bottled water for the meals.
Refrigerate water if possible.
3. Create a plan to prep all ingredients. Make sure everything is cleaned thoroughly and fresh.
4. Decide how you want to put the sandwiches together, along with the water, fruit, dessert, and napkin neatly into the package.
5. Recruit a group of volunteers.
Make your event sound fun, easy, and impactful.
6. Coordinate the time and place that everyone can meet to make the meals.
7. Buy all organic and locally sourced bread and produce from a store near you no more than 48 hours in advance of your event.
Check to make sure your avocados will be ready to go on the day of the event! Order extra 5% in case of spoilage or damage.
8. Make the sandwich for yourself ahead of the event.
9. Confirm the event with your volunteers 24 hours before the event to remind them to get supplies and to show up on time.
10. Add an extra sandwich for each volunteer so they can eat lunch as well.



BE PREPARED

Kitchen Equipment & Supplies

- Aprons
- Sink, soap, and towels for washing hands
- Forks, spoons, and knives
- Cutting boards
- Several large bowls
- Trash bags
- Dishcloths/Paper towels
- Pastry brushes - for Extra Virgin Olive Oil



THE AMWD SANDWICH

WHAT GOES IN EACH MEAL

1 sandwich, 1 organic soft fruit, 1 soft cookie or pastry, 2 water bottles, 1 napkin

SHOPPING LIST FOR 6 MEALS *(Scale up or down to fit your meal count goal)*

- 6 paper gift bags with handles
- 12 paper sandwich bags - 2 per meal (one for sandwich and one for cookie/pastry)
- 6 napkins
- 12 (2 water bottles per lunch bag)
- 6 brioche, challah, hamburger bun, or any soft roll
- 1 package sliced of Mozzarella, Swiss or Monterey Jack cheese
- 3 ripe, fresh avocados
- 3 large heirloom tomatoes or 1 container of cherry tomatoes
- 1 head of butter lettuce
- 1 bunch fresh chives
- 1 bunch fresh Italian parsley
- 1 bunch fresh mint
- Extra Virgin Olive Oil (EVOO)
- 6 ripe organic fruit in season (bananas, tangerines, peaches, etc.)
- 6 soft cookies or pastries
- 1 lemon

SUPPLIES *(Sustainable packaging supplies are recommended)*

- Paper gift bags with handles (8 × 4.25 x 10.5)
- 100% unbleached paper snack & sandwich bags
- Recycled 15x 16 inch disposable dinner napkin

Amazon List: https://www.amazon.com/gp/registry/wishlist/2TIO59EFCQ06Y/ref=cm_wl_huc_view

Please use the A Meal With Dignity Amazon list for shopping ease when purchasing supplies and packaging.

SHOPPING LIST



THE EVENT

1. Show up early at the date and time of the event.
2. Get everyone to sign a [Volunteer Release Form](#).
3. Offer tea, coffee, or other beverage to your volunteers.
4. Introduce the event and instructions.
5. Wash hands and disinfect/sanitize all surfaces and kitchen tools.
6. Allocate volunteers to prep stations: wash/dry station, de-stemming herbs station, avocado station, bread station, packaging area.
7. Wash, organize, and set up all food ingredients.
8. Make Meals.
9. Reflection.
10. Take a group photo.
11. Deliver meals - Review [Delivery Procedures](#).
12. Meet for a debrief to discuss how everything went.



THE AMWD SANDWICH

INGREDIENTS FOR EACH AMWD SANDWICH

- 1 soft bread roll or bun
- 1 slice cheese
- 1/2 ripe, fresh avocado, peeled, seeded and sliced
- Half tomato, sliced or 3 cherry tomatoes, quartered
- 2 leaves of butter lettuce or a handful of arugula
- 1/2 teaspoon of chives
- 1/2 teaspoon of Italian parsley
- 1/2 teaspoon mint
- 1/2 teaspoon of freshly squeezed lemon juice
- 1 teaspoon Extra Virgin Olive Oil (EVOO)
- 1 pinch of salt

DIRECTIONS

Prepare the components of the AMWD sandwich:

- (1) Slice the soft bread roll or bun.
- (2) Wash, cut in half, and slice avocados. Brush with lemon juice to prevent browning.
(Also optional: Mashing the avocados into a guac with a fork.)
- (3) Wash, dry, and slice tomato or quarter the cherry tomatoes.
- (4) Separate, wash and dry the lettuce leaves.
- (5) De-stem, wash, dry, and fine chop the herbs. Mix in a bowl.
(Optional: Blend herbs together with olive oil to make a pesto.)

Assemble the AMWD sandwich:

- (1) Brush olive oil on each side of the bread bun.
- (2) Spread the pesto on the bottom half of the bun or sprinkle the herbs on.
- (3) Add the ingredients from the bottom up: Tomato, avocado, cheese, and lettuce.
- (3) Close the sandwich and place it in a paper sandwich bag.

FINAL STEPS

Place 1 sandwich, 1 organic soft fruit, 1 soft cookie or pastry (placed in paper snack bag), 2 water bottles, and 1 napkin into 1 paper gift bag with handles.

DIRECTIONS



REFLECTION

Consider reflecting on your volunteer experience after making the meals or after delivering the sandwiches.

We find our volunteers gain a lot out of hearing each other speak about their experiences.

Consider sharing these moments on social media or through video clips in order to help inspire others as well!

Why did you join us today?

Optional other questions:

- Did you take away anything new from your experience?
- Will you do this again?
- Was there an event or situation in your past that led you to want to help?
- Was there anything that was surprising for you in your experience?
- How could this event go better next time?
- Would you want to run your own event?



MEAL DELIVERY TIPS AND PROCEDURE

PREPARE:

- Identify areas to deliver
- Place the meals into larger tote bags
- 2-3 people per vehicle

WHEN DELIVERING:

- Make eye contact
- Introduce yourself by name

COMMON PHRASES TO USE:

- "We just made this fresh food for you"
- "We have water for you"
- "Does anyone else nearby need food?"

WHEN COMPLETE:

- Connect with other volunteer drivers
- Drop off any borrowed supplies
- Return to the event for reflection



AFTER THE EVENT

Send your meal count and meal-making event photos to photos@amealwithdignity.org

To help spread our message further, post your photos to social media using [#amealwithdignity](https://www.instagram.com/amealwithdignity)

QUESTIONS?

Visit our website at: [amealwithdignity.org](https://www.amealwithdignity.org) or email us at questions@amealwithdignity.org

We are happy to help you work through the logistics of your event - be it 6 meals or more.