

AWAKEN
COMPASSION
BUILD
EMPATHY
TAKE
ACTION

ABOUT US

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.

GET INVOLVED, VISIT US AT
AMEALWITHDIGNITY.ORG



HOST OR VOLUNTEER

Host your own event, or join us in person or virtually.

DONATE

Help us inspire and mentor others, and to continue providing meals to those currently unsheltered in the community.

FOLLOW US

Instagram [@amealwithdignity](https://www.instagram.com/amealwithdignity)
Facebook.com/amealwithdignity

help@amealwithdignity.org
45 Divisadero Street
San Francisco, CA 94117

**A MEAL WITH
DIGNITY**

MAKE A SANDWICH, MAKE A DIFFERENCE



AMEALWITHDIGNITY.ORG

MAKE A CLASSIC AMWD SANDWICH



SHOPPING LIST FOR SIX MEALS

- Gift Bags With Handles (8x4.25x10.5)
- 12 paper sandwich bags
- 6 napkins
- 12 water bottles
- 6 soft rolls
- 1 package of sliced Mozzarella, Swiss, or Monterey Jack cheese
- 3 ripe avocados
- 3 large heirloom tomatoes
- 1 head of butter lettuce
- 1 bunch of fresh chives
- 1 bunch of fresh Italian parsley
- 1 bunch of fresh mint
- Local/California Extra virgin olive oil
- 6 in-season fruit (bananas, tangerines, peaches)
- 6 soft cookies or pastries
- 1 lemon

Amazon List: <https://amzn.to/2Wjf6aM>

WE BELIEVE IN NOURISHING THE HEARTS, MINDS, AND BODIES OF ALL INDIVIDUALS.

WE RECOMMEND SUPPLIES THAT ARE RENEWABLE, ORGANIC, FARM-FRESH, AND LOCALLY PRODUCED.

INGREDIENTS

- 1 soft bun
- 1 slice cheese
- 1/2 ripe avocado
- 1/2 tomato, sliced
- 1 leaf of butter lettuce
- 1/2 teaspoon finely chopped chives
- 1/2 teaspoon finely chopped parsley
- 1/2 teaspoon finely chopped mint
- 1/2 teaspoon of fresh-squeezed lemon juice
- 1 teaspoon Extra virgin olive oil



INSTRUCTIONS

Prepare AMWD sandwich:

- (1) Slice the soft bun
- (2) Wash avocados, cut in half, brush lemon juice onto avocado, then spoon out avocado onto the bun.
- (3) Wash, dry, and slice tomatoes
- (4) Separate, wash and dry lettuce leaves
- (5) Wash, dry, de-stem, and finely chop the herbs. Mix together in a bowl.

Assemble the AMWD sandwich:

- (1) Brush olive oil onto bun
- (2) Build the ingredients from bottom up: Bread, olive oil, a pinch of mixed herbs, avocado, tomato, lettuce, cheese
- (3) Close the sandwich and place it in a paper sandwich bag

Build the Bag:

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

GIVE THE GIFT

Deliver your lunch bag to your shelterless neighbors in your community. Check-in with us for tips: help@amealwithdignity.org