



**A MEAL WITH  
DIGNITY**

SANDWICH

NUTRITIONAL INFORMATION



MAKE A SANDWICH, MAKE A DIFFERENCE

“THESE LUNCHEAS ARE  
MADE IN SMALL BATCHES  
AND FULLY RESPECT  
THE RIGHT OF  
UNSHELTERED  
HOMELESS TO A MEAL  
WITH DIGNITY WHERE  
THEY ARE.  
THANK YOU FOR  
JOINING US ON THIS  
IMPORTANT MISSION.

— 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.





# FOOD IS MEDICINE

"The concept of "food is medicine" describes the idea that the food we consume can have a significant impact on our overall health and well-being. By making healthy food choices and eating a balanced diet, we can prevent and even treat certain health conditions.

Certain foods contain nutrients, vitamins, minerals, and other substances that can help support the body's natural healing processes, reduce inflammation, boost the immune system, and improve overall health. For example, some foods are rich in antioxidants, which can protect the body against damage from free radicals and lower the risk of chronic diseases such as cancer and heart disease.

If we see food as medicine, we can shift our focus from simply satisfying our hunger to nourishing our bodies with the nutrients our bodies need to function at their best. This can help us maintain good health and prevent or manage certain health conditions. Conversely, if we don't give our body the nutrients it needs, we can suffer from medical conditions that we could have avoided.

That's why when we give someone a meal, we are not just satisfying their hunger, we are nourishing their body and making them a little healthier. Maybe only for a brief moment, but that's what we are doing."

-Dr. Adrian Aurrecoechea,  
AMWD Board Member & Health Advisor



# CLASSIC AMWD SANDWICH RECIPE

## RECIPE FOR 1 SANDWICH

*(Scale up or down to fit your meal count goal)*

- 1 brioche bun (challah, hamburger bun, or any soft roll)
- 1-2 slices of organic cheese (Mozzarella, Swiss, or Monterey Jack)
- 1/2 of a sliced organic avocado
- 1 slice of a large heirloom tomato or 3 organic cherry tomatoes
- 2 leaves of organic butter lettuce
- 1/2 teaspoon of chopped organic chives
- 1/2 teaspoon of chopped organic Italian parsley
- 1/2 teaspoon of chopped organic mint
- 1/2 teaspoon of fresh squeezed organic lemon juice
- Extra Virgin Olive Oil (EVOO)



## Brioche Bun

**Ingredients:** Flour, eggs, butter, milk, water, leavening (yeast or sourdough), salt

**Nutrition:** 277 calories, 7g fat, 8g dairy protein, 1g fiber

The brioche bun provides dairy protein with approximately 8g of protein per bun. Proteins are important because they provide amino acids used to maintain the muscles of your body and make other useful materials your body needs, such as hemoglobin to carry oxygen throughout your blood, and albumen, essential to your body's fluid balance. Because of their carbohydrate content, they can be a good source of energy to those doing a lot of physical activity throughout their day. Brioche buns have some fiber which promotes intestinal health.



## Organic Avocado

**Nutrition (1/2 of an avocado): 50g water, 130 calories, 1g of protein, 6g fiber, 12g plant fat**

Avocados are a superfruit- they have a lot of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium, with lutein and zeaxanthin, beta-carotene, and omega-3 fatty acids, important for eye health, as they may help to reduce the risk of developing age-related macular degeneration.

Avocados contain 25 milligrams per ounce of beta-sitosterol which has been seen to help maintain healthy cholesterol levels. Half an avocado provides approximately 25 percent of the daily recommended intake of vitamin K, important for bone health. Half an avocado has approximately 6-7 grams of fiber. When you eat foods with natural fiber, you help prevent constipation, lower your risk of colon cancer, and keep up good intestinal health, important for removing toxins from your body.



## Organic White Cheese

**Nutrition (2 slices Monterey Jack): 100 calories, 7g protein, 20% recommended daily calcium**

Cheese provides a high amount of protein and is an excellent source of calcium which is important for bone and heart health. Cheese has high amounts of vitamins A, B-12 and zinc, phosphorus, and riboflavin.



# Organic Cherry Tomatoes

**Nutrition: 10 calories**

Tomatoes are important sources of lycopene, which have been linked to reduced risk of heart disease and cancer. They add moisture to the sandwich and are hydrating to the body.





# Organic Butter Lettuce

**Nutrition (2 cups): 10 calories, 1g fiber, 1g protein, 70% of recommended daily vitamin A**

Butter lettuce is a great source of vitamin A. Vitamin A is important for growth and development, for eye and vision health, and for maintaining your immune system to fight diseases. They provide some fiber to support intestinal health.



# Organic Chives, Parsley, and Mint

**Nutrition: 1-3 calories**

Chives and other alliums could help prevent cancer, based on several studies. They have a lot of Vitamin K which is important for bone health. They have choline and folate which promotes memory. Two tablespoons parsley contains 154% recommended daily Vitamin K. Mint is good for promoting fresh breath and may reduce symptoms of indigestion.



# Organic Lemon

**Nutrition: 1 calorie**

Lemons contain vitamin C which is an essential vitamin and antioxidant. It is important for immune function and skin health.



## Extra Virgin Olive Oil (Produced in USA)

**Nutrition (1 teaspoon): 40 calories, 4.5 g plant fat**

Support local farmers and the US economy by buying extra virgin olive oil produced in the USA when possible.

Olive oil is produced in California, Arizona, Texas, Georgia, Florida, Oregon and Hawaii.

Olive oil is rich in antioxidants and is made up of approximately 73% oleic acid. Both of these have been shown to reduce inflammation and reduce your risk of chronic disease.