

# With “Snacks for Sacks,” it’s easy to help neighbors in need!

Did you know that neighbors in need have been receiving sack lunches from Fourth Church since 1983? It’s one of the oldest and most visible direct outreach programs of Fourth Church, an important part of being “a Light in the City.”

## About the Bag Lunch Programs

Each week between 200 and 300 guests of the Fourth Church Meals Ministry Bag Lunch Program and other programs receive a sack lunch containing 2 sandwiches, 3 snacks (1 each salty, sweet, and fruit snack), and a drink (when in stock).

## That means we need 600–900 snacks and 200–300 drinks every week!

Several volunteer teams make turkey-with-cheese-on-whole-wheat sandwiches during the month to cover our weekly needs for sandwiches—but we continue to experience chronic shortages of snacks and drinks.

While we purchase as much as we can from the Greater Chicago Food Depository, these items are not always available at GCFD. We rely on donations or purchases from other sources.

Simply leave  
donations marked  
“Snacks for Sacks”  
at the  
126 E. Chestnut  
Reception desk

## Snacks for Sacks that we need all year

To sustain our weekly bag-lunch programs, we have an ongoing need for snack items that

- are packaged in single serving portions
- require no refrigeration
- aren’t past the expiration date

We need

### SALTY snacks

- Chips, pretzels, or other salty snacks such as Goldfish® or crackers
- Nut or peanut packs

We need

### Sweet snacks

- Pudding cups
- Cookie packs
- Granola, cereal, or other nutrition bars

We need

### FRUIT snacks

- Applesauce or fruit cups
- Raisins or other fruit packs

We need

### Drinks

Medium-sized (10–16 oz.)  
plastic bottles (no glass)

- Water
- Iced teas
- Sport drinks (e.g., Gatorade®)



**Fourth Church Meals Ministry**

For more information, contact Norman Clearfield ([nclearfield@fourthchurch.org](mailto:nclearfield@fourthchurch.org))