



BROWN BAGGING FOR  
**Calgary's Kids**  
● LUNCHES ● PROGRAMS ● SOCIAL CHANGE

## Lunch Is Love Snack Bags

Thank you for planning to create Lunch Is Love snack bags to feed Calgary kids!

Each school day, the Brown Bagging for Calgary's Kids (BB4CK) Community takes action to feed and care for over **3,200** kids in our city. Lunch Is Love snack bags are “to-go” snack packs for kids and youth that contain a couple different types of snacks.

### Step 1: Plan

Learn more about childhood hunger in Calgary and BB4CK at [bb4ck.org](http://bb4ck.org) and check out the stories and videos on our [blog](#) and [YouTube](#) page to learn more about the BB4CK Community.

**Most Lunch Is Love bags contain:**

- An applesauce or fruit cup
- Crackers or Cookies (Goldfish, Pretzels, etc.)
- Fruit or Granola Bar
- Spoon
- Brown bag or Ziploc Bag to pack it all inside

A number of different snacks can be included; all items must be prepackaged and nut free. You can also add notes of kindness or inspiration to the bags.

**Things to consider:**

- How many bags are you planning to make?
- How many volunteers will be helping you?
- Where will you be assembling the bags? Since you are using pre-packaged foods, you do not need to use a kitchen to pack items.
- Will you be purchasing the food or hosting a snack drive to collect items? If you are organizing a drive, check out the guide on our website to assist you.

Let us know about your plans! Please send an e-mail to [info@bb4ck.org](mailto:info@bb4ck.org) or phone **403-264-7979**.

### Step 2: Lunch Is Love Brown Bagging Day

Your Lunch Is Love snack bag assembly day is here!

- Set up the bag assembly stations, prepare and educate your volunteers about the process and purpose of the bags (show some BB4CK videos, share important numbers and facts, showcase what a complete bag will look like, etc.) and get started!
- Take photos and be sure to tag BB4CK on Twitter [@BrownBaggingIt](#) and on Facebook and Instagram [@BB4CK](#). We love to share in the joy and process of your Lunch Is Love Brown Bagging Day!

### Step 3: Delivery

- The bags are assembled and now it is time to bring them to BB4CK to be distributed to Calgary kids and youth!
- Bags can be delivered to our kitchen (433 Macleod Trail SE) Monday to Thursday mornings or at our office (223 12th Ave SW) during the week. Please e-mail [info@bb4ck.org](mailto:info@bb4ck.org) or call **403-264-7979** in advance to arrange donation drop off.