



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 thousands of 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 and check out the stories and videos on our [blog](#) and [YouTube](#) page to learn more about the BB4CK Community.

All Lunch is Love items must be peanut and tree nut free

Lunch Is Love bags ideally contain:

- A fresh orange or apple (Please let us know ahead of delivery if you are sending fresh fruit so we can plan bag distribution accordingly.)

OR

- Prepackaged fruit sauce with spoon or fruit bar.

AND

- 2 prepackaged whole grain snack items (pretzels, popcorn, crackers, cookies)
- Brown bag or plastic zip bag to pack it all inside
- Notes of kindness or inspiration in or on the bags

Please do not send juice boxes or snacks high in sugar

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 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 **The BB4CK Kitchen** at 433 Macleod Trail SE, Monday to Thursday mornings. Please e-mail info@bb4ck.org or call ahead to our kitchen at **403-237-5832** or office at **403-264-7979** to arrange donation drop off.