

CHS and The Mustard Seed

A really impactful activity at CHS is connecting with the Mustard Seed.

We want to ensure that the community members who visit the Mustard Seed receive high quality and safe meals. In order to make sandwiches, **you must have a dedicated food prep area in your school.** This would be a kitchen or a room where a Foods course is given. If you don't have a food prep area, you will be making breakfast bags. The grocery list for both can be found below.

Sandwich Grocery List

- 14 loaves of whole wheat bread
- 5 kg deli meat
- 100 cheese slices

(If you can afford slices that are NOT wrapped, that is certainly easier for the students. Unwrapping all that cellophane with plastic gloves on can be tricky. If not, we can make it work.)

- 5 heads of lettuce
- 2 medium jars of mayonnaise
- 2 medium squirt bottles of mustard
- 100 Ziploc sandwich bags

Breakfast Bag Grocery List

I will supply the paper bags. You have some flexibility with what you put in your breakfast bags. Please choose one item from each category. If there is only one item listed, it is something that the Mustard Seed team would really like you to include. Each bag can have:

Cutlery	Oatmeal	Shelf-Stable Beverage	Fruit
- 1 spoon (plastic or bamboo)	- 2 instant oatmeal packs	- Milk2Go Milk (200 ml) - Meal replacement drink such as Boost or Ensure (these are generally more expensive and will increase your overall cost)	- Unsweetened applesauce cup - Mandarin orange - Apple

If you have a larger budget or cannot find one of the items above you can add:

- A high protein granola bar
- Bottled water

Your budget will determine how many bags you will make. Generally we aim to make between 50-60 bags. Here is a sample grocery list for 54 bags:

- 108 packs of instant oatmeal
- 54 spoons
- 54 beverages (they often come in packs of 6, so extras can go to the Seed)
- 54 applesauce cups/orange/apples (applesauce often come in packs of 6, so extras can go to the Seed)