



Bringing Lunches for Inner City Pastoral Ministry

Inner City Pastoral Ministry's main mission is to walk with people of the Inner City in the Boyle/McCauley area. With the help of many different faith communities, we also offer small lunch/snack bags that attract many visitors and offer an opening for us to give spiritual care as needed.

If your community is looking for a wonderful social justice project that allows them to meet people in need, consider bringing 100 or 200 lunches on a Sunday morning, helping us serve coffee, and getting to know our Community of Emmanuel (God-with-Us), which meets to worship every Sunday of the year. Groups that are too small to bring 200 lunches are able to partner with others. Some groups bring more than 200 lunches if they are able, while other groups fundraise for special pizza Sundays.

Our **TIPs brochure** offers ideas about sharing in ICPM's ministry by involving your community in other ways.

We are now able to welcome a total of 4 volunteers to join us for the morning. We usually open our doors to the community and serve coffee at 8:45 am, earlier if the weather is cold or inclement. Our interdenominational service begins at 9:15. It ends at 10, when lunches are distributed to those who have attended the service, and we set up a table at the front door to pass out remaining lunches and coffee to those waiting outside. We appreciate any help you can give in serving the community with a smile!

Because of AHS rules, these are the prepackaged items we encourage communities to put in their lunch bags:

REQUIREMENTS CHECKLIST 2024 for Inner City Pastoral Ministry lunches

to be delivered to Bissell Centre West (**10530 96 Street**) FRONT/EAST door **between 8:15 and 8:30 am** on Sunday morning. (Volunteers who stay will help us serve coffee to our worshipping community (The Community of Emmanuel) at 8:45 am.)

In made-up lunch bags (200 - though more are always appreciated)

- 1 banana
- 1 orange
- 1 bottle of water
- 1 juice box (pure juice is best as "beverage" has added sugar)
- a factory wrapped muffin **OR** a breakfast bar **OR** protein bar (NOT small granola bar)
- 1 pack of peanut butter and crackers **OR** cheese and crackers **OR** tuna and crackers **OR** chicken and crackers ("kits" can be found at Walmart or Superstore)
- 1 cheese string **OR** individually wrapped piece of cheese
- 1 regular size bag of chips, Doritos or Cheezies (usually ~28 g, a bit larger than 16 g Halloween treats)

The items listed above fulfill basic lunch requirements and are more important to our inner-city community members than sandwiches. However,

- IF your group has access to a certified commercial kitchen **and someone to oversee the making of sandwiches according to AHS health regulations within 48 hours of delivery**, we suggest meat and cheese. Sandwiches need to be refrigerated until you bring them to ICPM.

Please put **ALL above items in individual lunch bags**. If using paper bags, it's okay to bring water bottles separately. Some groups use large ziplocks (inner city folks sometimes find them useful) and factor that into lunch costs. Keep in mind that grocery store owners will sometimes give free bags for charitable purposes if asked. Some communities have been quite creative in collecting reusable shopping bags through the year.

Demand for coffee has increased. For Sunday worship service and for those who wait outside our doors, please bring

- 2 large cans of ground coffee
- 2 cannisters of powdered creamer (1 kg or larger)
- 2 four kg bags of sugar

For more information, contact the ICPM lunch coordinator through this website.