



# Snack Kit Instructions

Snack Packs are essential to the women we serve at DWC. They allow us to ensure that participants have a nutritious snack or meal before leaving the Day Center. Many of our programs and services have expanded due to COVID-19, and we are now providing 800 to-go meals daily! Choose the menu items on the right to make as many snack kits as your able to and ship or deliver them to DWC.



♥ Please make sure to handle all items while wearing **gloves and a mask!**

♥ Please note that the hyperlinked items are suggestions, only — feel free to choose different items, or mix and match!

♥ Consider adding a personalized note of encouragement or inspiration to make your snack packs extra special!

## 1. Main Course (choose 1):

- Burritos – beef & bean
- Croissant Sandwiches – ham & cheese 8ct, sausage, egg & cheese
- English Muffins – Applewood smoke
- Frittatas – bacon, ham & veggies
- Uncrustables Smuckers – PB & Grape Jelly, Strawberry
- Hot Pockets – ham & cheese, cheddar cheeseburger

## 2. Fruit Serving (choose 1):

- Individually packaged fruit cups
- Packaged applesauce with no sugar added

## 3. Beverage (choose 1):

- Water: Bottled Water(16.9 oz)
- 100% juice pack (Lemonade, Watermelon, Apple)
- Small container of milk, seltzer, or tomato juice (24 pk)

## 4. Snack (choose 2-3):

- small packages of nuts
- packages trail mix – 7 ct
- granola bars 100 sugar-free – S'mores 58 ct
- individual packs sugar-free or low-fat cookies – Nabisco Cookies 30 pk, Nabisco variety 20pk
- yogurts – blueberry/strawberry 12ct
- boxes of raisins – Raisins 6ct

## 5. Snack (choose 2-3):

- Brown paper bags
- Individually packaged cutlery

## Delivery Options

**1.** Ship your completed Snack Packs to:

Attn: Day Center Kitchen  
Downtown Women's Center  
442 S. San Pedro Street  
Los Angeles, CA 90013  
Phone: (213) 213-2874

**2.** Day Center Drop-Off  
Email [MitzuyL@DowntownWomensCenter.org](mailto:MitzuyL@DowntownWomensCenter.org)  
to schedule a contactless drop off!

We are located on the east side of S. San Pedro Street, between 4th & 5th Street. Please note that kitchen delivery hours are 12:30pm-1:30pm daily. We ask that you reach out to us beforehand, so we can coordinate your delivery with staff. Please also note that we cannot accept unscheduled deliveries, due to limited on-site staff availability.