

Know Your Impact

What's really in each sandwich you make?

When someone says "it's just a sandwich" — here's what they're missing:

What's Inside:

2 slices bread + 2 slices cheese + 3 slices deli meat

= **350+ calories** | **27g protein**

Calcium • B vitamins • Iron

A complete, balanced meal — not just a snack

\$1.44

delivers real nutrition + dignity

Put It in Perspective



Our Sandwich

350 cal • 27g protein



Fast Food Burger

300 cal • 15g protein



**Cup of standard soup
(broth-based)**

250 cal • 12g protein



Instant Ramen Packet

380 cal • 8 g protein

We Mobilize Untapped Community Resources

Home kitchens become production centers. Family time becomes service hours.

Existing resources transform into systematic food support.

No new infrastructure needed. Just coordination.