

February 2022 Mitzvah of the Month:

PBJ SANDWICHES & COOKIES

Even as the pandemic becomes better controlled, some people in Essex County *still* do not have enough to eat. With a bagged meal you've assembled, families will get nutritious to be mentally sharp at school or work. Add a couple of homemade cookies, and you've not only filled their stomachs but made a memory with your own family! **PLEASE WEAR GLOVES AND MASKS WHILE PREPARING THE SANDWICHES AND COOKIES.**



MATERIALS

- A loaf of white/whole wheat bread
 - Smooth peanut butter and jelly (does not need refrigeration)
 - Use another nut butter if allergies exist
 - A napkin
 - A small drink (water, a juice box)
 - Two homemade or store-bought cookies
 - OPTIONAL: a small apple or orange
 - Plastic sandwich bags
- Lunch-sized paper bags
 - Markers or stickers to decorate the bags

INSTRUCTIONS

- This Mitzvah is a wonderful family activity! Get the kids involved in assembling sandwiches and/or baking cookies!
- Make as many sandwiches as your loaf/loaves of bread will allow.
- Decorate the paper lunch bags with colorful designs/stickers and positive messages.
- Assemble the sandwiches, put them in a sandwich baggie, and add them to the paper bags.
- Add a cookie or two in a baggie.
- Tape/staple the paper bags closed.
- **Drop bags off on Tuesday, February 22; Wednesday, February 23; or Thursday, February 24, between the hours 9 AM–3:30 PM on a cart outside the Temple entrance.**



Registration is required so we know how many sandwiches to expect and can plan transport of the food to those in need accordingly. Please email [Tara Ehrenkranz](mailto:Tara.Ehrenkranz@temple.org) to register your participation.

Community is society with a human face—the place where we know we're not alone. — Rabbi Jonathan Sacks