



The Mustard Seed is a valuable experience for many reasons. We will decide ahead of time if I'll meet you there when your ETS bus drops you at 10635 96 St. OR if you'll start the day at City Hall and we'll walk there with the groceries. Either way - we'll walk back to City Hall at the end - (15 min.) through a safe but poor area of our city your students may not have experienced before.

When we arrive at The Mustard Seed, they are NOT open for their community - we have the place to ourselves. After a brief introduction to the place/their services we'll divide your class into 2 groups for a tour. While the tour is happening, I set up for the sandwiches. After the tour, students work on the 2 assembly lines to create a total of 100 - 150 sandwiches. If necessary, we can order students in the assembly line to address any concerns such as handling pork. Sandwiches are served to their community when they open for coffee later in the afternoon.



Teachers have told me that the cost is between \$100.00 - \$150.00. Some teachers approach local stores to get discounts, others have had fundraisers or merely collected \$5.00 per child. We've had the best results when a one person shops for all the groceries rather than having students bring in individual items.

Grocery List

- 14 loaves of whole wheat bread
- 5 kg deli meat
- 100 cheese slices
- 5 heads of lettuce
- large jar mayonnaise
- 2 medium squirt bottles of mustard
- 100 Ziploc sandwich bags



Please contact me if you have any questions or concerns,
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