



Overview

PB&J Days

Letter from the Executive Director

October 26, 2024

Dear PB&J Days supporter,

On behalf of our board, staff, and partner organizations, I want to thank you deeply for your trust and support.

In April 2024, we started with just a \$20 gift card, and since then, our community and even people from around the world have helped us grow in amazing ways. I was surprised to see how much impact we could make with only \$20. Making those sandwiches was a small start, but it made a big difference. I knew this story needed to be shared! I wanted to use my time, skills, and resources to bring attention to those who are often forgotten and to encourage others to help, no matter how big or small their efforts.

Thanks to supporters like you, PB&J Days has provided over **2,100 PB&J sandwiches**, along with clothing, to individuals who are homeless or struggling to get enough food. We've also helped four other communities across the country to start their own giving programs!

PB&J Days is now a movement—a way to share God's love across the country. This document shares how, in just a few months, we've spread kindness with a simple sandwich.

2024 has been an incredible year for PB&J Days, and with God's help, 2025 will be even better. Thank you for your prayers and support. We hope you enjoy reading about what we've achieved together. Let's work to make 2025 our best year yet!

Hamp Lee III

Executive Director

PB&J Days



History

The Start of a Movement

April 2024

At an April 2024 Pastors Luncheon with the San Antonio Baptist Association, Hamp Lee III received a \$20 gift card. He didn't want to spend it on himself, so he thought of a way to use it for something meaningful. Just a few days before, Hamp had bought bread to make PB&J sandwiches for a few homeless men and women near his home. So, he decided to see how many sandwiches he could make with the gift card.

Since Hamp wanted to share this on social media, it took him almost four days to plan, record, and edit the video. In the end, Hamp was amazed—he was able to make 84 PB&J sandwiches, spending only \$19.27! He quickly called a couple of friends to help him hand out the sandwiches downtown.

PB&J Days was born.

Starting with \$20 and 84 sandwiches, we began serving our community with a small team of volunteers. Soon, our numbers grew, and within a few weeks, we were making over 200 sandwiches each event.

As we received more support, we expanded our offerings to include a bag of chips, an apple, and a bottle of water. Thanks to a kind neighbor, we also started giving donated clothing, shoes, and backpacks.

PB&J Days focuses on two things: social care and sharing hope. For social care, we meet people's needs by providing food, drinks, and clothing. When possible, we help with other needs, but we try not to create expectations for giving money or car rides.

For sharing hope, we offer to pray with anyone who wants it and provide Bibles and small cards with messages of hope and salvation. PB&J Days has grown from just a few sandwiches to a movement of kindness and care for others!

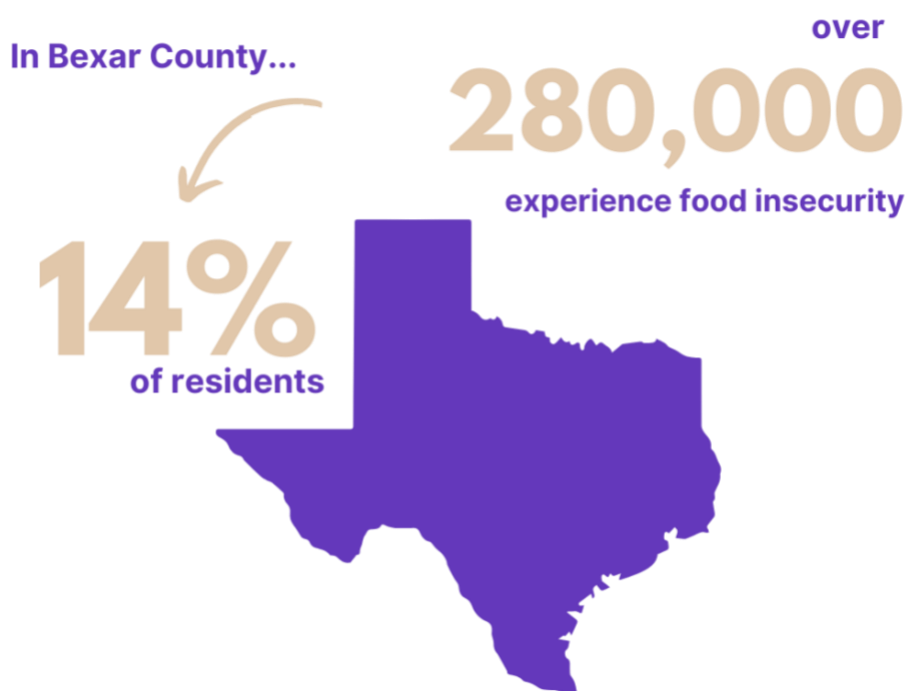


Current Environment

Homelessness and Food Insecurity

In San Antonio, there are currently **3,372 people experiencing homelessness** in 2024.¹ This is a **7% increase** from the previous year.

Concerning food insecurity, **Texas ranks 2nd in the nation for food insecurity**.² Across Bexar County, over **280,000 individuals** experience food insecurity.³



¹ Dimmick, I. (2024, May 29). *San Antonio homeless population increases by nearly 7% in 2024*. San Antonio Report. <https://sanantonioreport.org/san-antonio-homeless-population-point-in-time-count-2024/#:~:text=The%20area's%202024%20point%2Din,those%2C%20888%20people%20were%20unsheltered.>

² Higham, A. (2024, September 5). *Map shows states with highest food insecurity as 47 million go hungry*. Newsweek. <https://www.newsweek.com/map-states-highest-food-insecurity-usda-1949122#:~:text=Arkansas%20is%20the%20state%20with,insecurity%20between%202021%20and%202023.>

³ *Child hunger & poverty in San Antonio Food Bank: Map the meal gap*. Overall (all ages) Hunger & Poverty in the United States. (n.d.). <https://map.feedingamerica.org/county/2017/child/texas/organization/san-antonio-food-bank.>



Purpose and Mission

PB&J Days

Purpose

PB&J Days is all about caring for those Jesus calls “the least of these.” In Matthew 25:34-40, Jesus talks about people who are hungry, thirsty, in need of clothes, shelter, or a visit while they’re in prison or sick. PB&J Days has the special job of serving people who are hungry, thirsty, or need clothing. We focus on two main goals at each event:

1. Serving. A sandwich might only satisfy hunger for a short time, but when given with love, it can become a symbol of hope. Our first goal at PB&J Days is to serve those Jesus cared about most.

2. Sharing Our Faith. We also want PB&J Days to be a way for Christians to share their faith with others. Since Jesus’s time, the church has been sharing hope with the world. Through PB&J Days, we show Christians that sharing their faith can be simple—no special degree or experience needed. Evangelism starts with a heart of compassion, and at PB&J Days, it starts with a sandwich and a warm “hello.”

Mission Statement

To inspire churches across America to take small, simple actions to support the most vulnerable in our society.

As we serve our local community, we also hope to inspire others—individuals, organizations, and churches—to serve in their own communities. Whether they join us for a PB&J Day, start their own event, or create a new way of giving, we’re here to help however we can.

Structure

PB&J Days

PB&J Days holds two events each month, usually on the 2nd and 4th Saturdays. For each event, we focus on serving the largest groups of people who are homeless or struggling to get enough food, all in one location. This way, we don't have to drive around to find people to help.

Each event can be run with as few as three volunteers and up to six. More than six can make it hard for everyone to be actively involved.

Before we start serving, we meet in a spot a little away from our main location. Here, we finish packing any lunches that need it, answer questions, go over the plan, share health and safety tips, and pray.

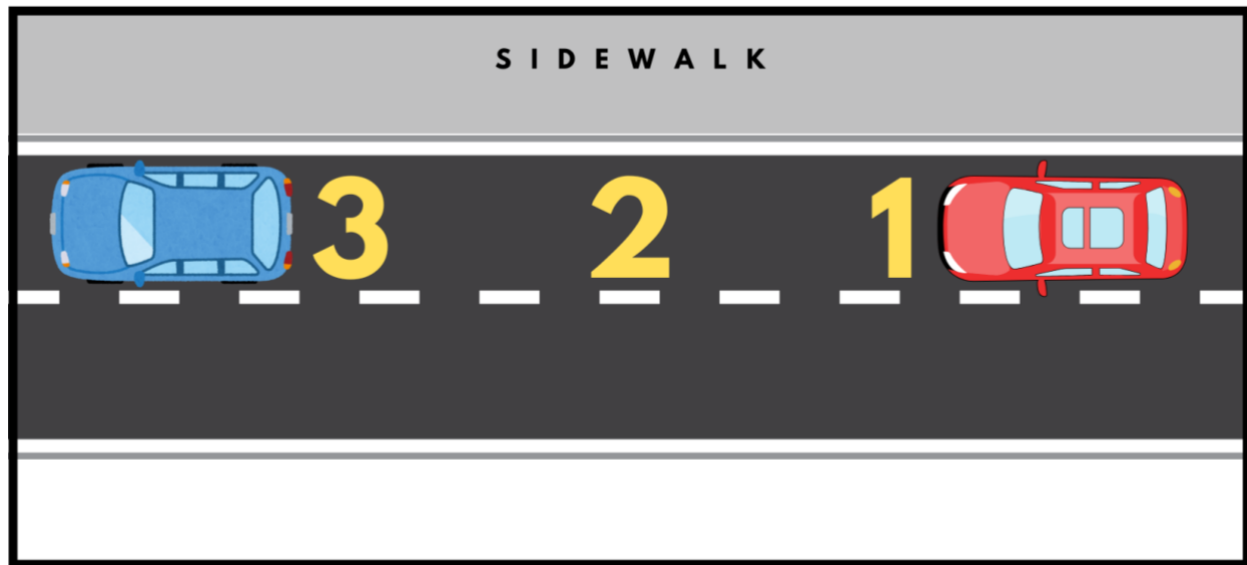
In the picture shown, we gathered to pack lunches, but some people saw us and came over. We didn't want to turn them away, so we started serving them while finishing our packing.

One important thing to keep in mind is that some people we serve may have mental health challenges or other struggles that could make it harder to serve effectively. It's important to watch out for each other, be kind and patient, and make sure everyone is safe. Usually, we have one volunteer as our "overwatch" to keep an eye on the group's safety. Before we head out, we always pray for God's guidance, support, and protection.





When we arrive at our target location for PB&J Day, we set up three zones to keep things organized:



Zone 1: Lunches and water. This is where we set up the bins with lunches and coolers of water. People can come here to get a lunch and a bottle of water.

Zone 2: Clothing distribution. We put boxes of clothes on a table for those who need them. Keeping this area separate from Zone 1 helps prevent crowding and keeps things more organized.

Zone 3: Overwatch and supplies. One volunteer stays in this zone to watch over everyone's safety and refill lunches or water when needed. This volunteer also hands out special items, like belts or backpacks, if anyone asks.

After the PB&J Day event, we gather for a quick talk and a prayer before leaving. The volunteer in Zone 3 will stay until all other volunteers have safely left.



Support

Ways to Help

We're so grateful for everyone who wants to help us care for people facing homelessness and food insecurity. Here are three ways you can join us for PB&J Days:

- 1. Sponsor.** We appreciate any financial support or supplies to help us make sandwiches or provide water. With just \$20, you can help us make 84 PB&J sandwiches for those in need. You can also support us by buying supplies through our [Walmart Registry](#) or purchasing a [PB&J Day t-shirt](#).
- 2. Serve.** If you're in San Antonio, we'd love to have you join us to make sandwiches or come out on one of our PB&J Days. We meet at 12 pm at The Center for Health Care Services, 928 W Commerce St, San Antonio TX 78207 (on the right side of the building along Medina St.).
- 3. Start.** Can't make it to San Antonio? Think about starting a PB&J Day in your own area. Download our [media kit](#) and reach out for more info. We'd love to help you spread love with a sandwich.

Start a PB&J Day

If you'd like to start a PB&J Day in your area, here's what to consider:

- 1. Reach out for support.** Connect with local groups who serve individuals facing homelessness or food insecurity for advice and teamwork.
- 2. Choose a location.** Pick a place to serve where you can reach your audience easily. Be sure to check local laws to make sure it's okay to serve there.
- 3. Pick the day and time.** Saturdays at 12 pm work well for us because fewer groups are serving people then. Think about your own community's needs when planning.
- 4. Buy supplies.** Get your sandwich supplies, disposable gloves, and water a few days before. We buy ice a few hours before the event to keep water cool in our containers.



5. Make sandwiches. We make sandwiches the night before, putting each in a sandwich bag and then back in the bread bags for easy storage and transport.

6. Plan transportation. If needed, plan carpooling or a meeting spot for volunteers.

7. Safety first. Gather with your volunteers to pray and go over safety before the event. Volunteers should stay alert and watch out for each other. Having one person as “overwatch” for the group’s safety can help.

8. Stay hydrated. Make sure volunteers have water throughout the event and take breaks if needed.

9. End in prayer. Gather to pray before leaving.

10. Reflect and improve. After the event, talk with volunteers to see how things went and how to make future events even better. Stay open to new ideas. By following these steps, you can make a difference in your community!



Conclusion

Thank you

Thank you so much for your interest in PB&J Days! We are grateful for the chance to serve our community through this program. We hope this overview was helpful and inspires you and your own community. If you have any questions, please feel free to reach out to us anytime.

Let's spread some love!

Website: <https://pbandjdays.com>

Facebook: <https://www.facebook.com/pbandjdays>

Instagram: <https://www.instagram.com/pbandjdays>

E-mail: spread@pbandjdays.com

PB&J Day Media Kit: <https://pbandjdays.com/pbj-days-media-kit/>