

# Trail Mix for SOME

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**So Others Might Eat (SOME)** is an interfaith, community-based service organization that exists to help and support residents of our nation's capital experiencing homelessness and poverty. SOME offers a variety of services, including affordable housing, counseling, addiction treatment, and job training. In addition, SOME helps meet immediate daily needs by providing food, clothing, and healthcare to those in need.

SOME is currently open and operating critically needed services, including food distribution. After (and sometimes even during) their regular to-go meal handout period from 8am-10am, they still have individuals come to their lobby to inquire about something to eat, and they are in need of easy snack bags to hand out.

## Ensuring the safety of those we serve:

Please note that it is imperative to follow food safety guidelines when making these snack bags—which includes pulling hair away from your face and covering it with a hat; wearing **food-handling gloves**; and not touching your face or hair while making each kit. As always, but particularly important during the pandemic, if you are not feeling well and have a fever, cold, or flu-like symptoms please choose a different way to help others until you are well.

## Supplies and ingredients:

Sandwich bags with a seal

Large bowl for mixing ingredients

Something to scoop ingredients into baggies

## Healthy Trail Mix:

2 parts almonds

2 parts walnuts

1 part salted pistachios

1 part cashews

1 part dried cherries or cranberries

1 part raisins

1 part chocolate chips or plain M&Ms

1 part coconut flakes (optional)

## Nut-free Trail Mix:

1 cup raw and unsalted **sunflower seeds**

1 cup roasted pepitas (pumpkin seeds)

1/4 cup regular or **golden raisins**

1/4 cup unsweetened, dried cherries (or another dried fruit)

1/4 cup chocolate chips or plain M&Ms

## Directions:

1. Sanitize your workspace, preferably with a Clorox wipe (or similar bacteria-eliminating agent)
2. Put on **gloves** and hairnets/baseball caps. If you use the restroom or touch the floor, your face, or your hair please put on a new pair of gloves. If you do not have gloves please wash hands thoroughly and use an at home method of covering your hands with saran wrap or sandwich bags.
3. Measure out ingredients into a mixing bowl
4. Scoop trail mix into sandwich bag until it is 2/3 full
5. Make sure each baggie is airtight and sealed well so ingredients don't spill
6. Please make a minimum of 15 baggies for this project
7. Delivery: please drop off finished snack bags at SOME's front desk, 71 O Street, NW any day of the week between 8am-3:00pm.

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For more information and ways to get involved, visit

[edcjcc.org/volunteer](http://edcjcc.org/volunteer)

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