



## ACUÑA, MÉXICO TEAM CASAS MEAL PLAN

### Meal Plan Details

- All meals in México are included in the total trip cost
- Three meals/day (prepared by local workers)
- Includes: water, ice, trash bags, coolers, utensils, plates, napkins, toilet paper...
- Reusable water bottle and snacks not included

### Sample Menu

- Breakfast: cereal, fruit, pancakes, eggs, coffee, juice, milk (delivered to the church)
- Lunch: sandwiches, fruit, snacks, chips, water, Gatorade (delivered to the work site on the first day; delivered to the church along with breakfast each subsequent day)
- Dinner: hot meal (delivered to the church)
  - Examples: tacos, meatloaf, grilled chicken, pork & bean soup...

### Casas Will Provide

- Two igloo coolers
- One lunch cooler per work site
- A crate that will contain
  - Wipes (one package per work site)
  - Hand sanitizer (one per work site)
  - Trash bags
  - Three bottles of hand soap
- Toilet paper
- Paper towels

### Please Return

- Soap dispensers
- Igloo coolers
- Lunch coolers
- Left over unused toilet paper
- Left over unused paper towels
- Any leftover unused items

*We will do our best to accommodate any food allergies. Please email [scheduling@casasporcristo.org](mailto:scheduling@casasporcristo.org) to inform us of your food allergies 30 days prior to your trip.*