

## FOOD GUIDELINES & RECOMMENDATIONS

When selecting food for your event, you will need to keep in mind the cost per person. We recommend an all-in budget of \$25 per person for lunch, drinks and snacks.

With the tight schedule and budget, we would recommend a boxed lunch. This will allow people to be able to grab and go. It will also help in those venues that do not have their own meal space. Eating a boxed lunch in your lap is not out of the question. We do it at the NAMB Luncheon every year!

**Coffee:** We would recommend leaning into your host church for making and serving coffee. For the best attendee experience, you could have coffee available during check-in, after lunch and any break times. Always provide water!

**Snacks:** If you are hosting any fellowship times, we recommend providing a snack. With costs considered, you could theme your snack with something local, or you could always provide packaged snacks. In this case, make sure to provide a healthy option (ex. gluten free, sugar free).

**Snack/Drink Quantities:** You will have an idea closer to your event of how many people have signed up. You should prepare for MORE! Please do not run out of food or drinks for your attendees. As a rule of thumb, plan for 2.5 drinks and 2 snacks per person for a 6-hour event.

**Boxed Lunch:** When selecting a lunch, consider sandwiches and wraps. For example: Chick-fil-A has perfected their boxed lunches. They cost around \$12 each. For our gluten-free attendees you should order a number of grilled salads as well. Every city and context will have a different selection of restaurants. Please take all of these factors into account.

Something to consider is the sizable amount of trash that comes with having a boxed lunch. Please work with your host church for a plan to discard trash.