

THE LIMITLESS SANDWICH

A Conjure Play experience for wee-ones and not-so-wee-ones

By: Brendon Allen

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Note to the reader/performer & talking points for families

This play is best performed as a story time or weekend play experience. The performance is meant to inspire discussions, activities and fun on a summer day when maybe you do not have any plans yet or maybe it's a rainy day experience.

If you do not have access to a laptop or tablet that all the actors can read from, you can print as many copies of the script as you may need. The stage directions are written with a participatory feel. This is an attempt to make the experience feel playful. Play along if you can. If the stage directions ask you a question, feel free to answer out loud. This play works best with a cast of three, but can be done in any way you choose. The casting is flexible to allow for name changes, gender flexibility and ways to personalize to match your household. It is up to you. Each scene does not go beyond two characters speaking, so you can share all the parts, including reading stage directions.

This play presents the opportunity for the actors to engage in exploring discussions on food, sandwich experiments and also looks to the capacity of young people to use something relatively simple like making a sandwich to do good in the world around them. There is a lot of discussion on positive ways to use social media.

Enjoy this Conjure Play and break a leg!

CASTING

Jamie: is the oldest sibling in the house. Jamie can be played by any gender you choose. They are 14 years old and they have been tasked with the responsibility of taking care of the two younger siblings, making meals and coaching Kris through the world of the internet (as Kris has recently been given a phone). Jamie, Kris and Teags have two dads and both parents are required to work throughout the week. One dad drives the local ferry boat and the other runs a restaurant that has just recently reopened after being closed due to Covid-19.

Kris: is eleven years old and can be played by whatever gender you choose. Kris has just recently got a phone and is slowly starting to get access to various apps.

Teags: is the youngest sibling and can be quite the picky eater. Teags can be played by whatever gender you choose. Teags is quite obsessed with the TV show *The Storybots*, which tends to do thematic investigations on one topic from various angles.

Fink: is a neighbourhood kid known to have a large and undiscerning appetite. Can be any gender you choose.

Stacy: Is a mom of teenage kids. She runs a parenting blog on the side, while holding down a job as a teacher.

Stanley: is the owner of a small local grocery/convenience store. He has been serving his community for over 30 years.

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SCENE 1

As the play opens we are in the kitchen, we can see Jamie filming what looks like it could be a TikTok or an Instagram story video. Jamie is lying on the kitchen floor with the phone at arm's length, and the other hand drops packages of lunch meats and sliced cheese down like rain onto their face. It looks like a funny video that seems to express a sense of being overwhelmed by what is involved with making sandwiches everyday. Do you make weird wacky videos? Have you ever made a video that you had permission to post to the internet? It can be a lot of fun. If Jamie is posting a video like this online for their friends to view, what do you think is the story they are trying to tell? If you were going to make a TikTok video of you making your favourite sandwich, what would you make? If you feel up to it, why don't you make this video? Be sure to check in with your parents/guardians before actually posting it, if that's something you'd want to do.

Kris and Teags, Jamie's younger siblings, love to interrupt these videos. They watch from around the corner and giggle. Have you ever video-bombed someone? It can be fun and sometimes the interruption can make the video better. Sometimes it can be pretty annoying too, so be sure to read the moment and think about whether it's the right kind of video and mood for it. They count down from three and then attack Jamie on the floor.

Kris & Teags: Ahhhhhh!!!

Jamie: Not again!

Teags: We totally got you!

Kris: (taking the phone from Jamie's hands) Hello internet, it's me again.

Jamie takes the phone back and speaks into it

Jamie: You see! This is what I mean!

Jamie completes and posts the video.

Jamie: It's out in the world now. My friends can finally see how wacky the two of you are.

Kris: Am I famous yet?

Jamie: Well, we have to wait a bit to see how it goes over.

Teags: What are we having for lunch?

Jamie: We just had lunch 30 minutes ago!!

Jamie leaves the room.

Kris: Teags, you can't remember lunch?! Here. Check it out! I posted a photo of it. See? It was PB & J, a pickle, --a brave choice--, with carrot sticks and hummus on the side for dipping.

Do you like sandwiches? Can you eat gluten? Some people cannot because their stomach has trouble digesting it, but they can eat gluten-free bread. What kind of bread do you like best? What are your favourite things to put on a sandwich? What do you like to eat alongside a sandwich? My favourite thing to have with my sandwich is soup -- in fact-- I think soup and sandwich is the most flexible meal on the face of the earth!

Teags: You posted a picture of lunch!

Kris: My feed has needs.

Teags: What's a feed?

Kris: A feed is all the photos in a row and all the comments, and everyone else's photos and videos and comments.

Teags: That sounds like a lot of food.

Kris: But it's fun!

Teags: Is it nutritious?

Kris: Now you sound like Jamie or the dads.

Do you have a phone? If not, are you excited to get one someday? If you have a phone, what do you like to do with it? Are there rules around what you can upload to apps like Instagram and TikTok? Social media is obviously lots of fun, but there seem to be some more challenging part of it too. What kinds of things do you think those challenging things are?

Teags: But is it though?

Jamie comes back into the room with two plates, one full of food and one empty. These are the leftovers from Kris and Teags' lunches. Kris ate everything and Teags barely touched anything.

How are you with meals? Are you an eater who cleans your plate or are you an eater who leaves a lot? Or does it depend? What is your favourite lunch meal?

Jamie: I don't know why you have to post pictures of the meal, when Teags leaves it like a museum exhibit untouched. Check it out! (*Holds up the plate that is full*).

Teags: I wasn't hungry then!

Jamie: So, if you're hungry now. (*Jamie hands the plate to Teags*) Lunch is served!

Kris: (*with a giggle*) Again...

Pause

Teags: I was watching *Storybots*.

Jamie: You know the rules about shows and lunch. If you aren't eating, the shows stop.

Teags: (*quiet*) It's just that I don't like that lunch...

Jamie: I'm sorry, what did you say?

Teags: I don't like it...

Jamie: Well, then you can make your own lunches!

Kris: You sound like the dads.

Jamie: (*exasperated*) I feel like the dads! Even having a chef for a dad doesn't get you to eat meals! It's very tiring.

Teags: It's just that we've had this lunch a thousand times.

Kris: Teags, Jamie is mixing it up.

Teags: Sandwiches, sandwiches, it's always sandwiches!

Jamie & Kris: I love sandwiches!

Jamie & Kris laugh because they are so like minded.

Teags: Well, I don't...

Jamie: Maybe this is a mystery for the Storybots!

Kris: That's not really how it works. They aren't Scooby Doo.

Jamie: I don't know, I don't watch it.

Kris: Although Teags is kinda like Scooby, always hungry.

Teags: Scooby snacks?!

Jamie: *(checking the time on their phone)* Well, I have to be on with my class soon. Chemistry doesn't wait for anyone. Can you two sort this out? Remember, it's Chore Wednesday. I finished the bathroom cleaning before you guys even woke up this morning.

Kris: We got this.

Jamie: OK, I'm gonna have my headphones on...

Teags: We get it. *(mimes covering their ears like sound cancelling headphones)* You're in your bubble.

Jamie exits.

If you had control over your next lunch, what would you make? Do you do any cooking in the kitchen? Are you a sous-chef or head-chef? Maybe you and whomever you're reading this with can think about a meal you can make together. Sandwiches are a simple place to start, with limitless possibilities, as you will soon see.

Kris: OK, Teags, let's check out the chore wheel.

Teags: Can you read it to me?

Kris goes to the fridge to read from the chore wheel. Do you have chores where you live? Are there any chores or jobs in your house that you love doing?

Kris: Oh, this is a new one for both of us. *(Reading slowly and sounding out the letters)* Cleaning out the fridge.

Teags: What?! Is that even a thing? How do people clean out a fridge?! Is there a button you push?

Kris: Nope, the chore wheel chores are never button pushers. At least Jamie is in the bathrooms this week.

Teags: Kris, I'm still hungry.

Kris: Well, let's start by unloading the fridge and maybe we might find something you can snack on, Scooby. Like (*Kris looks into the fridge and pulls out*) the jar of anchovies!!

Teags: Eww, gross! Never!

Have you ever eaten anchovies? They sometimes sneak into things like caesar salad, so don't be too quick to judge. Kris places the jar on the counter and repeats this with other items.

Kris: What about the hot peppers?

Teags: Get outta here!

Kris: I've seen the dads put hot peppers on their sandwiches.

Teags: That sounds like a catastrophe.

Kris: Good word Teags, where'd you get that one?

Teags: (*whispers*) Storybots.

Kris: Well, maybe we can get to the bottom of your hatred of sandwiches by exploring some catastrophes of our own. Investigate like the Storybots.

Teags: Can I be Beep?

Kris: You can be whichever one you want to be.

Teags: And you can be Boop, or Bing, or Bang.

Kris: Boop it is, then. So, how would the Storybots explore sandwiches?

Teags: Well, they would look at all the different kinds, and they would interview people to get more information about sandwiches.

Kris: Are you telling me that Beep and Boop interview people?! This could be my new angle to get followers and content. The potential is limitless!

Teags: Limitless sandwiches!

Kris: So, let's start by setting up my camera as we empty the fridge. You never know what footage will be helpful.

Teags: Oh, is the fridge still happening? I kinda hoped that this exciting new mission would mean this could wait and be more of a Chore Wheel Thursday kind of thing.

Kris: No luck Beep.

Teags: But what if I can't eat all the sandwiches we make? Jamie will be really upset if we waste food.

Kris: Teags! You're brilliant! Let's get some of those gloves and masks that dad brought home from the restaurant. I agree, we cannot be wasteful.

Teags: And our special aprons?

Kris: Of course! This is the best occasion for aprons, gloves and masks.

SCENE 2

We are now somewhere completely different but still in the kids' neighbourhood. We are at Fink's house. Fink is famous in the neighbourhood for having a limitless appetite. Fink is in Kris' class at school, when school is a thing. Fink is also famous for being able to burp all the chorus to "Old Town Road," but that is slightly off topic. There is a knock at Fink's door. Fink puts down the iPad and goes to the door. Fink opens the door and there is a sandwich on a plate, a folded note there with typed instructions on it and a little package of things in a sandwich bag.

Fink: (Reading the note) Welcome to the Limitless Sandwich Project. You have been selected as one of our testers. In our attempts to find the perfect sandwich for Teags, we also wanted to extend the experiment to you. This sandwich is a combination of: (the instructions are now handwritten and Fink struggles a little bit to read them) turkey, pickles, cream cheese, HP Sauce, goldfish and half of a strawberry Fruit Roll Up on our Dad's homemade sourdough bread. (The instructions return to being typed) We both thought it was pretty amazing, but we wanted to bring your smarts into the mix. Know that we made the sandwich with gloves and masks on. In fact you can watch a video of Kris's TikTok of us making the sandwich. If you want to participate in the experience, take a video of you eating the sandwich and maybe you can come up with a name for it. Post the video. After that, if you feel inspired to invent your own sandwich, you just need to follow these rules: Wear gloves and a mask, film it, and credit Kris, Teags and the Limitless Sandwich Project and make sure none of the ingredients are expired. As we were getting your sandwich ready, we found a jar of jam that was 2 years past its expiry date. No jokes. Make sure to include a list of ingredients, just in case there are food sensitivities. Deliver the sandwich to someone new with the same sort of message. In fact we included 3 sheets like this with instructions, so you can spread the word even faster. (There are more

handwritten instructions) If you need some gloves, we have included two pairs here. Make sure to return the plate otherwise our dads will get upset.

Fink holds the half sandwich up to the light and investigates it closely. Fink puts it down quickly. It is unclear whether they like it or hate it, but it is obvious that Fink is motivated to do something.

Fink: (yelling upstairs to their sibling) Candace! Can I borrow your phone?

Fink gets up and starts the sandwich creation process right away, right after they clean the plate and get ready to return it of course. The sandwich that Fink just sampled had: turkey, pickles, cream cheese, HP Sauce, goldfish and half of a strawberry Fruit Roll Up on their dad's homemade sourdough bread. What would you call this sandwich? Turkey makes me think of Thanksgiving. Goldfish make me think of the sea. Fruit Roll Ups are just sticky. I might call it the Gobble Gobble Dee Goop. What would you name the sandwich?

SCENE 3

Jamie: (from the upstairs room) Umm. Kris? Why are my feeds blowing up with sandwiches with you tagged? Teags? What's the Turkey Pool Party Sandwich? Is someone from your school using microwave pizzas as buns for a tuna melt? I'm not sure if I'm disgusted or inspired. Kris! What's the Limitless Sandwich Project? Now I'm hungry!

Jamie comes down from upstairs and sees Kris and Teags deep into the sandwich experimentation process. There are bagels, croissants, sliced bread and all sorts of fixings for the insides.

Jamie: Why was nobody answering me?

Kris: Well, Teags is deep into some peanut butter exploration over there, I'm pretty sure their teeth may be stuck together. Last I heard there was going to be a honey, peanut butter, marshmallow, and maple syrup concoction.

Jamie: That makes my teeth ache!

Kris: Oh, don't worry... it was going on a kale sandwich with leftover cajun plantain. We're all about balance here at the Limitless Sandwich Project.

Jamie: But look at this mess!

Kris: Have a look at the spotless fridge! I don't think I've ever seen it so clean.

Jamie: (opens the fridge) Holy! You're right! And it smells amazing!

Kris: Lemony fresh. That was Teags' idea.

Teags comes up to Kris waving their phone excitedly and mumbling due to self-inflicted lock jaw from eating so many sticky sandwich fillings.

Kris: Listen, the Limitless Sandwich Project now has participation in Quebec and America! (scrolls down a little bit) Poutine! What a stroke of genius!

Jamie: How long have you been at this?

Teags: (mumbly) How long were you in Chemistry class?

Jamie: My class was an hour and a half. Then I took an extra hour to do my homework. I turn my back and you two become PewDiePie!

Kris: That's a great name for a sandwich!

Jamie: How did you manage to get Teags to eat peanut butter again?

What are your feelings on peanut butter? Do you love it? Do you hate it? Maybe you are allergic to nuts. There are also so many other kinds of butters...like WOWBUTTER, almond butter, cashew butter and don't forget just...butter butter. Do you like combining things with jam or jelly?

Kris: Don't just stand there. Wash your hands, get some gloves on and invent a new and shocking sandwich! Then you package it up with the printed instructions and you can deliver it to one of your sandwich-loving friends. We've printed off the notes and we can even email the file to anyone who is game beyond walking distance.

Jamie: It is also a great way to get rid of some of the random leftovers from Dad's culinary experiments.

Kris: Like cajun plantain!

Do you have leftovers that pile up in your fridge? What are your feelings about leftovers? Love? Hate? Depends what it is?

Teags: (bringing over the sandwich they just made, still speaking with a muffle) Here, try!

Jamie: (taking a big bite and now speaking with their lips stuck together) That is actually really good! Teags, this is really, really good!

Teags: (with pride) I like peanut butter now.

Kris: Yeah! The Limitless Sandwich Project is a big deal! Now Jaime, we need your participation to open up our work to a whole new age group. (*whispering to Teags*) And to expand my followers to the high school level!

SCENE 4

Stacy, a busy mom, is walking around the supermarket with a long list in front of her, she receives a phone call from her child. She struggles a bit to answer with her mask on, but manages.

Stacy: Hello love, what's up? (*listens*) OK, so you want me to pick up Hickory Sticks, celery, dates, asparagus, cheese curds, chicken nuggets, Cheez Whiz, cantaloupe and more mac'n' cheese. OK, should I ask about any of this? These are outside the usual requests. (*listens*) What's the project? The limitless what? You're eating asparagus now? I won't complain about that...

SCENE 5

Stanley is a middle-aged owner of a small grocery store. He is on the phone for his weekly delivery requests. He sits at the cash register with a mask and face shield on. He talks on the corded phone that he uses for all the shop's business.

Stanley: Yes, I know it seems a bit strange. At first it was toilet paper, then yeast, then flour and now I'm running out of Fluffer Nutter for the first time since I opened my doors 20 years ago. Kids keep coming in buying me out. They must be up to something. Maybe it's the new Mentos in Coke thing. Anyway, I need to add four more units to my order for next week. Come to think of it, make it five boxes. I need to be ready for the demand, right? And the stuff has a shelf life like Cheez Whiz. Come to think of it, maybe order two boxes of Cheez Whiz too! Maybe I can set a trend.

Do you know Cheez Whiz and Fluffer Nutter? They are both kind of wacky things that people like to put on sandwiches. They fall into the same food category as Nutella, not the greatest source of nutrition, but some people find them delicious, and when you are concocting new sandwiches, these spreads can lead to all sorts of creative combinations. What other spreads could you imagine using to create new sandwiches?

SCENE 6

Jaime: Team, now that we're a week into this project and I have totally blown off my Chemistry class, I'm having a few thoughts. It seems like the sandwich network has grown quite large...I wanted to share one of the reports we got back from one of our makers.

Kris: Oh, I hope it's not an allergy alert, we specified that ingredients needed to be listed.

Jaime: It's not that. There was a sandwich drop but they left the goods further out from the door than maybe we would recommend...and the sandwich was snatched!

Kris: Like, by a person?

Teags: Someone took it?

Kris: Why would someone do that?

Jaime: Well, we don't know for sure what happened to it. Maybe someone took it, yeah. It got me thinking about why someone might take someone else's food. Some people are really hungry. They don't have enough to eat, you know? Even right here, in our neighbourhood. It happens. So, you know, is there a way that we could use this idea not just to push the limits of what a sandwich can do, but to push the limits of what we can do? Like, the bigger picture. To share better. Through food.

Kris: (jokingly) As sandwich artists!

Jaime: But seriously, you have people connecting and interacting in ways they haven't done for a long time, just with sandwich experiments. Don't get me wrong, some of these new recipes have blown my mind. I didn't even really know what okra was until we tested out the Okra and Fried-Wiener Sandwich. I also have a newfound appreciation for chips as an influential sandwich ingredient.

Teags: This is more than sandwich experiments! This is the Limitless Sandwich Project!

Jaime: I get it, but maybe the project could turn its attention to feeding people who need it. Not just our friends who we know already have a lot of food in their fridges. Actually, I could help search for programs that already do this kind of work. You know Dad's restaurant does all sorts of stuff with the food banks and Second Harvest.

Kris: I mean, we are already running Covid-conscious kitchens across North America.

Teags: Next stop, the world!!

Jaime: Slow down...

Kris: I really like this suggestion, Jamie. I think you have a much better future in the Limitless Sandwich Project than you do as a chemist.

SCENE 7

Stacy's report comes to us as an Instagram video that she has shared on her parenting blog.

Stacy: So, how did these three siblings turn a lunch time battle into a national initiative that continues to grow and involve more and more young people each day? How are they using their own kitchens to create a growing menu of mind-boggling sandwiches to address hunger challenges across North America? Was it the website resource? Was it their sleek social media campaign? Was it their grassroots connections to not-for-profit food equity organizations? Well, sometimes this is hard for parents to hear, but this is a perfect example of parents getting out of the way. In fact, the early ideas that lead to www.thelimitlesssandwichproject.com, came from the youngest sibling in the bunch and now has chapters in every province and is rapidly growing across the US. There are even new chapters starting in Europe thanks to the hard work of some of the French-speaking groups in Quebec and on the East Coast. It may seem a little far-fetched, but they started small and they open-sourced the process. Or perhaps it is best to say, the open-faced the process. To read my complete blog post and get the whole story, click the link in my bio and go to www.apparentlyparenting.com and don't forget to look up the Limitless Sandwich Project and get involved with a chapter near you.

Now, looking back at this story, you may think that it's all fiction...and if you go to the website listed above you will realize that, yes, the websites are invented. For now. That being said, there are many examples of charitable efforts from young people that grow into larger organizations. The Limitless Sandwich is designed to be wacky and to inspire you to play around in the kitchen with what you can put between two pieces of bread, but sometimes that sense of fun can lead to bigger things. Here are some examples of Canadian initiatives that started from a young person dedicating their efforts to positive change, all before that young person even graduated from high school:

<https://www.dayofpink.org/>

<https://www.onechild.ca/>

<https://motionball.com/>

This is really the tip of the iceberg, because many projects are just revving up at the community level and have not gone national yet, but take it as a sign that your capacity to make change is limitless.

This play does connect a lot to food inequities and the reality that all the communities we live in, have people that are going hungry. I would encourage you to look to local ways to get involved in a manner that your household is comfortable with such as donating to a food bank, and volunteering your time during times where that is safe.

The End