



## How are your chef skills?

Grassroots provides three meals daily for up to 50 shelter residents in our on-site commercial kitchen. We rely heavily on community support to feed our residents. There are a number of ways that individuals and organizations can help support our meals program. Here are some of them:

1. Prepare a meal off-site and deliver it to Grassroots. This can be prepared with your own ingredients or purchased. A full meal should serve 50 people.
2. Prepare and deliver part of a meal for 50 people- just the entrée, for example. Obviously we need to coordinate carefully to assure that folks get a full meal that day.
3. Provide the ingredients for a meal, to be prepared by Grassroots staff.
4. Make (off-site) and deliver lunches. A lunch can include a sandwich and other lunch items with fruit, chips, granola bars, or other sides.
5. Purchase and deliver kid-friendly snack foods for residents.
6. Hold a food drive to collect necessary items for our pantry such as breakfast cereal, coffee, microwavable meals, etc.

Dinner is served approximately from 5 pm to 6:30 pm. If meals are delivered at 3 pm or after, we can keep them hot on a steam table, but if they are delivered much earlier, it would be best that they were delivered chilled, to be re-heated for 5 pm dinner. Meals may also be delivered hot, in advance, and cooled in the Grassroots refrigerator, however if they are delivered hot it best to deliver them either within two hours of mealtime, or 8-24 hours in advance. (They need to either be kept hot, or have time to completely cool and reheat.)

**\*\* Please note that volunteers need to be at least 18 years old to serve a meal or be present in the Grassroots kitchen.**

## Dinner Ideas

Dinner should provide balanced nutrition, generally a meat, a starch and one or more vegetables. Vegetarian meals are welcome. Casseroles are the easiest things to prepare, and are welcome, but the guests do get a lot of pasta dishes and like variety. We avoid serving pork without a second option as some guests may not eat pork. Some meal ideas are:

1. Pot roast with potatoes and gravy, veggies and desert
2. Roasted, Grilled or fried chicken with fixings
3. Spaghetti and meatballs with salad and bread
4. Meatloaf with mashed potatoes and veggies
5. Lasagna, bread, and salad
6. Baked Ziti, bread, and salad
7. Beef or turkey hot dogs with Mac & Cheese and broccoli
8. Barbeque beef or pulled pork sandwiches with sides
9. Burgers and Fries for Grassroots staff to prepare, with salad
10. In the summer, garden salad with chicken salad and crackers
11. Your grandmother's favorite casserole

## Food Drives

If you would like to collect food for our pantry, some of the items that are most useful are:

1. Condiments (mayonnaise, ketchup, mustard, pickles, relish)
2. Salad Dressing (creamy dressings such as Ranch, Cesar, etc.)
3. Hearty Soups (Progresso soups are our favorite)
4. Cup-o-noodles (Any flavor)
5. Peanut butter
6. Canned tuna
7. Ground Coffee- regular
8. Sugar and coffee creamer
9. Crackers and packaged snack items
10. Vegetables in large cans
11. Breakfast cereal

If you have any questions about food for Grassroots, please contact Dorothy Howard, kitchen manager, at 410-531-6006 or via email at [dorothyh@grassrootscrisis.org](mailto:dorothyh@grassrootscrisis.org). Grassroots is located at 6700 Freetown Road, Columbia, MD 21044.