



The Meal Site Cookbook



RHODE ISLAND COMMUNITY
FOOD BANK

The Meal Site Cookbook

A resource filled with recipes, tips of the trade and innovative approaches to serving our communities; developed with ideas by Food Bank meal site cooks for cooks at feeding programs across Rhode Island.



RHODE ISLAND COMMUNITY
FOOD BANK

Developed by the RI Community Food Bank
in partnership with our member agencies.

2017

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2017 Meal Site Cookbook

The Rhode Island Community Food Bank (RICFB) partners with over 20 meal sites across the state, from Westerly to Woonsocket. Together, these sites provide an average of over 29,000 meals per month to individuals and families in need. Meal sites are often run by churches and social service agencies, and provide an essential service that helps our most vulnerable community members access food.

In September 2016, the RICFB met with many of our member meal sites to explore how to strengthen the partnership between the RICFB and meal sites across the state. Participants provided excellent ideas and feedback for how to ensure meal sites have the tools, knowledge, and resources to best serve their guests.

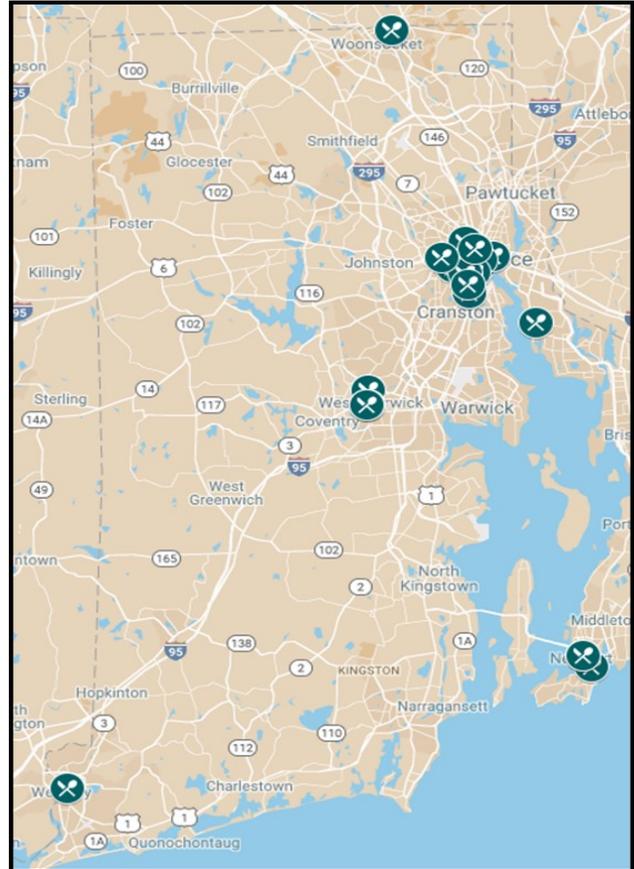
A need for meal site staff to have the opportunity to network with other programs and share ideas and resources emerged as a major finding. The RICFB worked with our member meal sites across the state to create “The Meal Site Cookbook”. Based on site visits and interviews the programs highlighted in this cookbook generously shared their insights, tips, and recipes with us in and we are pleased to share their knowledge and experience with all the meal sites striving to provide a hot meal and a place for guests to feel at home.

We hope the information and stories presented here inspire you to seek out your fellow meal site colleagues to learn and share from one another about the great work you do.

Meal Site Directory

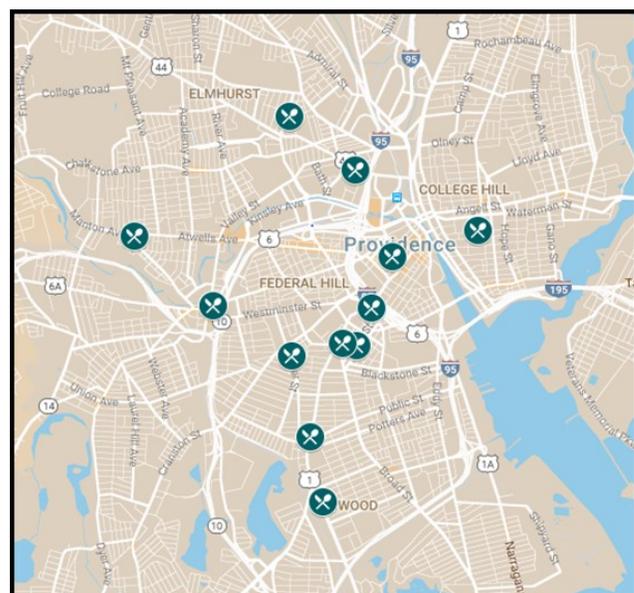
STATEWIDE MEAL SITE MEMBERS

- All Saints Feed My Sheep, Woonsocket
- Bristol Good Neighbors, Riverside
- Community Baptist Church, Newport
- Martin Luther King Community Center, Newport
- Salvation Army Newport, Newport
- SVDP St. Anthony Soup Kitchen, West Warwick
- SVDP St. John & James Soup Kitchen, West Warwick
- SVDP West Bay, West Warwick
- WARM Center, Westerly
- West Warwick Senior Center, West Warwick



PROVIDENCE MEAL SITE MEMBERS

- Amos House
- Church of the Master
- Crossroads
- Epiphany Soup Kitchen
- Gospel Tabernacle
- Maranatha Meals of Church of God
- McAuley House
- PICA Meal Site
- Providence Assembly of God
- Salvation Army, Providence
- St. Charles of Borromeo
- St. Patrick Church Mary House



ALL SAINTS

FEED MY SHEEP MEAL SITE

323 RATHBUN STREET, WOONSOCKET

Contact:

Debra G. Doris

debragdoris@gmail.com

401-762-1100



Meals Served

Tuesday

Dinner: 4:30 – 5:30 PM

Closed first two weeks of the month

MISSION

All Saints' Church is a welcoming, multicultural Episcopal congregation that strives to grow in the love of God and respond to the spiritual and human needs of our neighboring communities.

The Feed My Sheep Meal Site at All Saints Church was started over 15 years ago and was originally run solely with donations. This site has seen a steady increase in the number of working people and families taking advantage of their Tuesday night dinners and knows that their meal serves an important social function for many of the seniors that visit. Because of this increase, the site can no longer run solely on donations. The site coordinator purchases much of the food for the program, but also continues to solicit donations and receives product from the Food Bank. They serve between 50-70 people per meal. Storage can be a limiting factor because it can be hard to take donations when they are available. They have a great team of "awesome" volunteers and Pauline LeClerc, one of the site coordinators says, "I firmly believe the team is everything."

Special programs:

Staff makes sure to include what they call “the frills” like flowers and treats whenever possible. On days when Wrights Farm donates pastries, All Saint’s motto is, “Life is short – eat dessert first!”

Volunteers:

An average of 10-12 regular volunteers serve the meal each week, and potential volunteers are encouraged to “come from the heart” when they sign up. Volunteers are also told that “What you see here has to stay here,” to protect the dignity and confidentiality of their guests.

Hardest items to find:

- Protein

Favorite sources for food:

- El Gee – Bellingham, MA
- Restaurant Depot
- Aldis
- Stop N Shop
- Wal-Mart
- Price Rite
- “The Food Bank is our safety net”



BBQ Chicken

Yield: 100 servings

Recipe from whatscooking.fns.usda.gov

Ingredients

48 lbs chicken, whole, fresh or frozen, cut up
2 ¼ cups onions, chopped
¼ cup paprika
2 tbsp. Chili powder
1 No. 10 can Ketchup
2 tsp. garlic powder
3 cups brown sugar
1 cup worcestershire
1 tbsp. & 1 tsp ground black pepper
½ cup salt-free Seasoning

Directions

1. Barbecue sauce: In a stockpot, combine onions, paprika, chili powder, ketchup, garlic powder, brown sugar, Worcestershire sauce, black pepper and salt free seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally & set aside .
2. Place chicken on six 18”x26” sheet pans lined with parchment paper and lightly coated with pan release spray.
3. Brush barbecue sauce over chicken.
4. Bake uncovered: at 425°F for 45 minutes.
5. Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil.
6. Heat to 165°F or higher for at least 15 seconds. Transfer to steam table pan. (For 100 servings use 4 pans).
7. Hold for hot service at 135°F or higher.

AMOS HOUSE

460 PINE STREET, PROVIDENCE

Contact:
John Henry Nelson

401-272-0220

Website: amoshouse.org



MISSION

Amos House is a nonprofit social services agency that provides hospitality and direct services to the homeless and poor of Rhode Island. We work in collaboration with other agencies and groups to address issues of hunger, homelessness, and poverty. We are particularly committed to reducing recidivism and helping people who battle with addiction.

Meals Served

Monday - Friday

Breakfast: 7:00 – 8:00 AM

Lunch: 11:00 AM – 12:30 PM

Saturday

Lunch: 11:00 AM – 12:30 PM

In 2017, Amos House celebrated its 40th Anniversary. Over the past four decades, the meal site has offered breakfast and lunch six days a week. John Nelson, the executive chef (pictured, right), has been preparing meals for visitors to Amos House for 34 of those 40 years. Amos House employs three other full time staff and one part time dishwasher. All staff, including the Kitchen Manager Doug Spikes (pictured, left) started as part of Amos House's Culinary Arts Program. Doug says that because of their long history and brand new kitchen, "Everything is a well oiled machine here." Efficiency is important to the staff at Amos House because on average they serve approximately 100-250 people each day for breakfast and 300-400 people each day for lunch.

Special programs:

The Amos Culinary Education Program (ACE) began in 2002 to address high unemployment rates among men and women in the shelter program. Since its inception, over 450 students have graduated.

Volunteers:

Some volunteers have been with Amos House for over 10 years. Regular volunteer groups include students from Providence College, La Salle and the RISD Museum.

Hardest items to find:

- Large cans are important, because small cans can be a challenge with such a large meal service.
- Sugar and coffee have to be purchased all the time.
- Pancake syrup and pancake mixes.

Favorite sources for donations:

- #10 cans and fresh eggs from the RI Food Bank
- La Salle and Seven Stars bakeries
- BJ's
- Aldi's
- Restaurant Depot



Chicken A La King

Yield: 100 servings

Ingredients

25 lbs. chicken
4 (#10) cans potatoes
2 (#10) cans carrots
2 (#10) cans peas
4 gallons chicken stock
2 lbs. butter
½ gallon milk
2 cups flour
4 tbsp. salt
3 tbsp. pepper

Directions

1. Preheat oven to 350°F.
2. Divide the meat between 4 in hotel pans. Season with salt and pepper.
3. Cook off meat until cooked through (165°F). Drain off any excess grease.
4. Make a roux with butter and flour. Cook until golden brown.
5. Heat chicken stock to a boil. Thicken the roux then add milk and simmer.
6. Divide gravy between pans of meat. Mix meat and gravy in pans.
7. Open and drain veggies and potatoes. Divide between pans and spread over meat/gravy mixture.
8. Heat in oven until internal temperature of 165 ° F is reached. Serve immediately or hot hold at 135 ° F.
9. Optional- serve over egg noddles.

BRISTOL GOOD NEIGHBORS

55 TURNER AVENUE, EAST

Contact: Ann Wiard
goodneighborsri@gmail.com

401-433-0045

Website: goodneighbors@gmail.com



Meals Served

Monday - Friday

Breakfast: 8:00 – 9:30 AM

Lunch: 11:30 AM – 12:00 PM

MISSION

To provide nourishing, tasty and attractive meals, provide free clothing and hygiene products from donations, provide a comfortable setting where companionship can be fostered and provide opportunities to encourage a spirit of good will in a warm, pleasant environment.

The Bristol Good Neighbors Soup Kitchen (BGN) was formed in April of 1988 alongside the ministry of Helping Hands, a weekly meal program in Bristol run by Dr. Alfred Rego. The rector of St. Michael's Church, the Rev. Cannon Clifton Daniel III proposed the plan to the Vestry as an ecumenical effort on the part of the religious community of Bristol on behalf of those people of Bristol who could benefit from such a ministry. Almost 30 years later, the meal site is operated by a half time director and a group of highly dedicated volunteers, many of whom are gleaned from previous clients of the meal site. Ann Wiard, the program director, says, "We feel that the individuals we serve should have the opportunity to give back. It gives them a chance to feel part of the organization and not [like] someone who needs help"

Special programs:

- Food Pantry available 1x/month
- Anchor Recovery for substance abuse – 1x/week
- House of Hope housing applications – 2x/week
- Blood pressure screenings – 1x/week
- Blue Cross – flu shots annually
- Alliance Wireless subsidized cell phones – 1x/month
- Living Innovations – weekly
- SNAP Outreach Project – 1x/month
- 211 Van – 1x/month
- Gateway Health Care
- RI Transition Academy at Roger Williams Univ. – 1x/week
- East Bay Community Action Youth Center job training – bi-monthly
- Bus Passes provided to diners for doctors appointments and job interviews
- Tax preparation services
- Food 4 Kids backpack program

Hardest items to find:

- Coffee/sugar/creamer
- Butter
- Cheese
- Breakfast Meats
- Cereals
- Tuna

Favorite sources for donations:

- RI Food Bank
- Price Rite
- BJs
- Reinhart



Pasta E Fagioli

Yield: 70 servings

This is a favorite recipe for the taste and because most of the ingredients are usually easy to find or on hand.

Ingredients

- 9 cups beans and/or any veggies on hand (carrots, corn)
- 9 tbsp. extra virgin olive oil
- 9 medium onions, chopped
- 4 tbsp. Fresh rosemary or 2 Tbsp. dried
- 18 large garlic cloves, minced
- 9-28oz can chopped tomatoes w/ juice
- 9 tbsp. tomato paste
- 2-3 bay leaves
- Pinch of sugar
- 5 lbs. elbow macaroni or small shells
- 18 tbsp. chopped fresh parsley or 8 Tbsp. dried
- 9+ cups Broth or water
- 5 tsp. red pepper flakes (optional)
- 1 cup Parmesan Cheese (optional)

Directions

1. Heat oil over medium heat in large pan and add onions. Cook, stirring, until just tender, about 5 minutes. Add rosemary, garlic and stir. Cook another 5 minutes. Stir in tomatoes, sugar, salt, pepper and cook until tomatoes have cooked down and the mixture is fragrant.
2. Add broth or water, tomato paste, pepper flakes and bring to a boil. Reduce the heat, cover and simmer for 30 minutes. Stir in beans and heat through. Taste and adjust seasonings.
3. 10-15 minutes before serving, stir in the pasta. When it is cooked al dente, stir in parsley and taste to adjust seasoning if needed. Serve with parmesan on the side.

CHURCH OF THE MASTER

15 VALLEY STREET, PROVIDENCE

Contacts:
Tom & Joyce Kennedy
401-861-5500



HISTORY

The Church of the Master meal site started offering mostly sandwiches and light breakfasts in the late 1980s. In 2005, the kitchen was revamped and they received a Food Business License.

Meals Served

Saturday
Breakfast: 9:00 – 10:00 AM

The Church of the Master meal site has on average 25 volunteers and over half of these come on a consistent basis. With the assistance of these dedicated helpers, the meal site is able to make enough meals for 150-200 community members weekly. Volunteers include church parishioners, schools, universities, community service through the RI courts, youth groups, and other local churches and organizations. Church of the Master serves a different menu every week, and examples include French toast with sausage and bacon, pancakes with ham, and scrambled eggs with either bacon or sausage and either potatoes or hash browns.

Best Practices:

- Hand Sanitizer is provided before every meal. Many of the guests like this practice and it is a favorite volunteer station as well.
- Early Coffee Hour – Guests can come in as soon as the doors open (between 7am – 8am) and do not have to wait outside. Guests can enjoy warm coffee and the occasional pastry treat while they wait for the meal to be served, although the pastry is dependent on bakery donations and are not always available.

Hardest Items to Find:

- Paper goods, including bowls, plates, utensils, cups and napkins.



Egg, Ham and Cheese Breakfast Sandwiches

Yield: 50 Servings

Recipe From: Pillsbury.com

Ingredients

10 (10.2-oz.) cans or 7 (16.3oz) Pillsbury™ Grands!™ Refrigerated Buttermilk Biscuits
50 eggs
50 (1-oz.) slices of cheese
50 (1-oz.) slices cooked ham or Canadian Bacon

Directions

1. Heat oven to 375°F. Bake biscuits as directed on can.
2. Meanwhile, line cookie sheet with foil. Spray 12-inch skillet with nonstick cooking spray. Heat over medium heat until hot. Break eggs 1 at a time, into skillet. Sprinkle eggs with pepper. Cook 1 1/2 to 2 minutes or until eggs are set on bottom. Carefully turn eggs over; cook other side until center is firm.
3. Split warm biscuits. Top each bottom half with 1 slice of cheese, 1 slice of ham and 1 egg. Cover with top halves of biscuits. Place sandwiches on foil-lined cookie sheet.
4. Bake at 375°F. for 2 to 3 minutes or until cheese is melted.

CROSSROADS

160 BROAD STREET, PROVIDENCE

Contact: Dave Rocheleau
drocheleau@crossroads.org

401-521-2255

Website: www.crossroadsri.org



Meals Served

Monday - Friday

Dinner: 4:45 – 5:45 PM

The Crossroads Meal Site is available to residents of their 160 Broad Street facility only, who are mainly adults over 50 years old and include men and women who hail from all racial and ethnic backgrounds. David Rocheleau is the current chef at Crossroads and has been there for five years. Prior to his arrival, Amos House used the kitchen at Crossroads in exchange for providing a meal to the residents. For a short time, the RI Community Food Bank's Community Kitchen provided meals while Crossroads searched for a full-time cook. As the only paid staff, Chef Rocheleau relies heavily on Johnson and Wales University volunteers that come for their work study or internships. Crossroads also shares space with the Food4Good food truck and appreciates this partnership since the groups are able to advocate for each other and help one another's programs as well as share donated food.

MISSION

The mission of Crossroads is to help homeless or at-risk individuals and families secure stable homes.

Special programs:

- Collaboration with Food4Good food truck, which is coordinated by a former Jonson and Wales University intern.
- Prioritizes using locally sourced ingredients whenever possible to make great tasting meals, inexpensively.

Easiest Items to Find:

- Food from the Food Bank
- Summer produce from local farms and stores.
- Donations from food rescue organizations

Hardest Items to Find:

- Proteins tend to be expensive and usually have to be purchased using the Crossroads budget, although able to source fish from the Food Bank, which is especially great when it's local.



Fish Cakes

Yield: 50 servings

Ingredients

- 5 lbs. potatoes
- 6 large onions
- 6-7 lbs fish from the Food Bank
- 6 eggs plus 1 dozen for the egg wash
- 16 oz. cracker crumbs
- 4 cups flour

Directions

1. Boil potatoes and onions in salted water.
2. Add fish and cook gently until done.
3. Drain the water and add the bread crumbs and eggs.
4. Mix everything together.
5. Next, scoop the batter and form into patties.
6. Next dip the cakes in the flour, egg mixture and lastly the cracker mixture.
7. Fry, drain and cool.



EPIPHANY SOUP KITCHEN

AT ST. STEPHEN'S CHURCH

114 GEORGE STREET, PROVIDENCE

Contact: Susan Brazil

401-421-6702

Web: www.sstephens.org/epiphanysoupkitchen



Meals Served

Saturday

Dinner: 3:30 – 5:00 PM

HISTORY

Epiphany Soup Kitchen is a long-established institution that was originally housed in South Providence by the now-defunct Church of the Epiphany. From there, the Epiphany Soup Kitchen went to Grace Church downtown, where it provided this much-needed service for several years. St. Stephen's has hosted Epiphany Soup Kitchen since October of 2009.

Epiphany Soup Kitchen (ESK) at St. Stephen's Church is an independent nonprofit corporation that serves people in need from Providence and the surrounding areas. On Saturdays from 3:30 to 5 pm, all are welcome to enjoy a hot meal in the Great Hall of the Guild House. The soup kitchen also occasionally offers free, clean, gently-used clothing to guests. ESK is staffed by volunteers from different parishes and organizations and their chef, Diamond Contrano, a RI Community Food Bank Community Kitchen graduate! The meal site coordinator Susan Brazil says that they call Diamond "The Fisherman" because he is able to dig through what they have, pull out the treasures, and spontaneously create abundance from whatever is available. The soup kitchen serves an average of 60-70 people per week, including many seniors and children.

Highlighting Volunteers:

- Groups come in from the Episcopal Church, St. Martins, St. Paul, St. Matthew's, Brown University, and Bayview
- Two to five core groups per week are essential to the operation
- Offer regular but respectful reminder about food safety
- Let volunteers do what they like to do

Sources of Food:

- Fresh produce from Price Rite and Stop & Shop
- Meat from Restaurant Depot
- Fresh chicken and eggs from the Food Bank when available



Taco Salad

Yield: 100 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

12 lbs. & 12 oz. Raw ground beef or turkey
1 ¾ cup onions chopped
2 tbsp. salt
3 tbsp. garlic
1 tbsp. ground black pepper
3 cups canned low sodium tomato paste
2 qt. & 2 cups water
1/3 cup chili powder
3 tbsp. ground cumin
1 tbsp. paprika
1 tsbp. onion powder
4 gal. fresh lettuce, shredded
2 qt. fresh tomatoes, diced
3 gal & 1 qt. whole grain taco shell pieces or 100 shells
3 qt. & 1 cup reduced fat cheddar cheese, shredded

Directions

1. Brown ground beef. Drain. Continue to next step.
2. Add the onions, salt, garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. Heat to 155° F for 15 seconds. Hold for hot service at 135° F or higher.
3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
4. Serving suggestions**: Assemble each salad as follows, or in preferred order: 1st layer: about 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell; 2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture; 3rd layer: No. 12 scoop (1/3 cup) meat mixture; 4th layer: ½ oz (approximately 2 Tbsp 1 tsp) shredded cheese.

GOSPEL TABERNACLE OUTREACH MINISTRIES

145 OAKLAND AVE, PROVIDENCE

Contact:

401-454-0988

www.gtomi.org



HISTORY

Gospel Tabernacle Outreach Ministries (GTOM) was founded in 1992 and opened their soup kitchen and food pantry in the same year. Initially, the pantry and soup kitchen operated once per month but expanded to twice monthly in 2009-2010. The current volunteer staff started working with the kitchen and pantry in 2008 and the same four people have stayed with the program since then. With the help of the Food Bank's Agency Services Team and the Southside Community Land Trust, GTOM started a community garden to serve their soup kitchen and pantry in 2012.

Meals Served

2nd and 4th Mondays
Dinner: 5:00—6:00 PM

The Gospel Tabernacle Outreach Ministries Soup Kitchen serves approximately 50-70 individuals, families, and seniors every month and offers special meals on Thanksgiving and Christmas that include traditional dishes. For the past six years, guests have been able to shop for children's toys, which are then wrapped by church youth. According to Jennifer Watkins, Vice President of the Missionary Ministry, "It is such a joy to see the faces of the parents and grandparents." In 2012, Gospel Tabernacle's "Reaping the Harvest" community garden became the first of its kind in Providence and received support from the Food Bank and Southside Community Land Trust to begin growing food, hosting workshops, and working to develop food security and self-reliance for their guests. Jennifer Watkins says, "We want our clients to have access to growing their own food. This garden allows them the space and community building opportunities for that." The Gospel Tabernacle garden grows an assortment of vegetables, including tomatoes, carrots, cucumbers, green peppers, hot peppers, and herbs such as mint, parsley, and oregano.

Community Gardening

- GTOM grows fresh vegetables and herbs for the pantry and meal site. Their “Reaping the Harvest” community garden is a member of the Providence Community Growers Network through Southside Community Land Trust and the Food Bank

Best Practices:

- Treat everyone with respect, no matter their circumstances
- Give people the privacy to tell their stories
- Have resources available for referrals
- Welcome everyone regardless of zip code
- Feed people physically and spiritually



Cape Verdean Cachupa

Yield: 50 Servings

Ingredients

2lbs. Samp
1lb. Kidney beans
1lb. Baby lima beans
5 bags Frozen collard greens (or fresh equivalent)
6lbs. Smoked turkey neck bones
4 lbs. linguica
3 onions
4 fresh garlic cloves

Directions

1. Mince onions and garlic and place in a very large soup pan
2. Once onions and garlic are soft, add in neck bones and 10 cups of water and bring to a boil
3. Add in the samp, kidney beans, and lima beans and more water until the pot is 2/3 full and bring to a boil
4. Add collard greens and simmer 4-5 hours
5. Add linguica and cook for 1 hour
6. Ensure that soup is held hot at 135 degrees or above before serving

MARTIN LUTHER KING COMMUNITY CENTER

20 DR. MARCUS WHEATLAND BLVD, NEWPORT

Contact:
401-846-4828

www.mlkcenter.org



MISSION

Since 1922, the Dr. Martin Luther King, Jr. Community Center has continued to evolve in providing a safe and nurturing environment for the changing needs of Newport County residents who seek nutritional, educational, and social supports to improve the quality of their lives.



Meals Served

Monday - Friday

Breakfast: 7:30 – 8:30 AM

The MLK Community Center provides food assistance and nutrition education to anyone in need throughout Newport County. The Breakfast Program, the only daily meal site in Newport County, provides a nutritious meal for seniors, families, and residents to begin their day. Breakfast served includes cereal, oatmeal, bagels, breads and pastries donated from Panera Bread. When the budget allows, or there is extra funding, a volunteer chef will cook hot meals that include egg dishes, breakfast sweets and French toast casseroles, although this treat is far less frequent than MLK would prefer. Guests are always very appreciative when they get a hot meal and if MLK had more funding it would hire a chef. Volunteers play a huge part in the breakfast meal program at MLK and it could not continue without them. Food safety is a very important part of their routine and is strictly enforced in the kitchen. Despite not always serving hot food, the staff ensure gloves are used to handle ready to eat foods.

Easiest Items to Find:

- Cereal and oatmeal from the Food Bank
- Bagels, breads and pastries donated daily from Panera

Hardest Items to Find:

- Juice
- Cream cheese – currently purchased by a volunteer

Testimonials:

“The MLKCC breakfast program serves a very real need for people who require a nutritious breakfast. It also provides the volunteers an opportunity to get to know some of our less fortunate neighbors, given that we interact on a weekly basis throughout the year. This type of interaction is an essential part of a healthy community that should be encouraged and reinforced. It is humbling to realize that any of us could be on either side of the breakfast serving line and that the determination as to which side of the line we happen to be on seems to be somewhat arbitrary and capricious.”
Nord Lange, volunteer

“I see so much appreciation from the people who come to breakfast it makes me warm inside.” Betty Espanola, volunteer

“This is the best breakfast I ever had.”
Guest quote on Nov. 4, 2016 after a hot breakfast was served (which is not a regular occurrence.)



French Toast Casserole

Yield: 50 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

- 1 qt. 1 1/3 cups frozen whole eggs, thawed
- 1 qt. 2 cups low fat milk
- 1 1/4 cups sugar
- 1/4 tsp. salt
- 1 tbsp. 1 tsp vanilla extract
- 2 tsp. ground cinnamon
- 35 slices whole grain bread, sliced

Directions:

1. Combine eggs, milk, sugar, salt, vanilla, and cinnamon in a large bowl. Stir well.
2. Add bread while breaking slices into small pieces. Stir well.
3. Allow to set for 30 minutes-1 hour. Bread should be soft and broken up completely.
4. Pour 2 qt. bread mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. Spread evenly. For 50 servings, use 2 pans.
5. Pour 3/4 cup (about 6 oz.) maple syrup over each pan in a swirling motion.
6. Bake conventional oven: 400 °F for 25-35 minutes. Convection oven: 350 °F for 20-25 minutes.
7. Heat to 165 °F or higher for at least 15 seconds.
8. Hold for hot service at 140 °F or higher.
9. Allow to rest for 20 minutes before cutting.
10. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

MARY HOUSE MEAL KITCHEN

ST. PATRICK'S CHURCH
244 SMITH STREET, PROVIDENCE

Contact:
401-274-6286
Maryhouser.org



MISSION

Mary House Meal Kitchen aims to feed the hungry and homeless in the greater Providence area. We are a client centered organization because our clients are at the center of everything we do. We seek to provide our guests with compassionate assistance that preserves the God-given dignity of every human person

Meals Served

Monday

Dinner: 3:30—5:15

Saturdays before Easter and Christmas

The Mary House Meal Kitchen was first opened in 1972 for Thanksgiving and Christmas meals. Realizing that there were few opportunities for needy individuals and families to obtain an evening meal, Sr. Francis Conway, along with other members of the church staff, sought to open the meal kitchen during the week. With the help of dedicated volunteers and generous supporters, the church was able to open the Monday night meal kitchen in 1982. The meal kitchen has been open every Monday since then. Today the doors open every Monday at 3:30pm. As the guests enter they are each handed a token. After obtaining their token, guests may sit at the table of their choice. At 4:00pm volunteers begin to serve the guests a hot meal with dessert. Each guest is served when the color of his/her token is called. Throughout the night there is a drink table that clients can stop at to select from their choice of water, lemonade, coffee, or milk. On average the meal kitchen serves between 600-700 guests every month. The meal kitchen also offers holiday meals on the Saturdays before Easter and Christmas Day.

Special Programs:

- Annual Health Fair
- Free eye screenings every three months
- Free bi-monthly blood pressure and cholesterol readings from Clinica Esperanza
- Monthly visits from URI SNAP outreach program for assistance with applications

Highlighting Volunteers:

- Be sure that volunteers feel supported, appreciated, and cared for. When volunteers feel this way, they will pass it on to the guests.
- Have bi-monthly or quarterly volunteer meetings. Most people are motivated to volunteer by a genuine desire to help others. Yet even the best volunteers can at times lose sight of why we do what we do. Having occasional volunteer meetings can help keep volunteers on the same page and in line with the vision that our organization has.



American Chop Suey

Yield: 125 Servings

Ingredients

- 15 lbs. of hamburger meat or turkey meat
- 2 large yellow onions
- 4, #10 cans of marinara sauce
- 4 tbsp. of chopped garlic
- 15 lbs. of regular or whole-wheat macaroni
- Parmesan cheese

Directions

1. Dice yellow onions.
2. Place hamburger meat, diced onions and chopped garlic in cooking tray(s) or steam table pan(s).
3. Heat oven to 350 Degrees.
4. Brown the hamburger meat in the oven for 20 minutes; stir meat occasionally, to ensure the browning of all the meat.
5. Once the meat has been browned, drain out the liquid.
6. Mix marinara sauce with the hamburger meat and cover the pan(s) with aluminum foil.
7. Simmer meat in the oven for 30 minutes at 350 degrees.
8. Boil a large pot of water, add macaroni and cook to taste (10-15 minutes).
9. Drain the macaroni.
10. Mix macaroni in with the hamburger meat.
11. Serve with parmesan cheese.

MCAULEY HOUSE

622 ELMWOOD AVENUE, PROVIDENCE

Contact: Larry LoVerde
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401-941-9013

Website: www.mcauleyri.org



MISSION

McAuley Ministries is an independent non-profit organization sponsored by the Sisters of Mercy and rooted in the ideals of their founder, Catherine McAuley. Our ministry provides the basic needs of food, clothing, shelter, health services, emotional support and guidance to the most vulnerable in our community. Our core values are **hospitality, compassion,** and **dignity.**

Meals Served

Monday - Friday

Breakfast: 8:00 – 9:30 AM

Lunch: 11:15 AM – 1:00 PM

McAuley House provides a nutritious breakfast, hot lunch and a take-away evening meal five days a week. Breakfast is served from 8:00 a.m. to 9:30 a.m., and lunch is served from 11:15 a.m. to 1:00 p.m. They serve up to 300 people each day!

The chef prepares lunch with creativity and care, using donated and purchased foods. Volunteers pour coffee or juice and guests are provided with a selection of desserts.

McAuley House guests live on the streets or in shelters, or have housing and struggle to get by. Many were born into poverty and lack educational and other opportunities. Some guests struggle with addictions, and suffer from mental illness. All yearn for a sense of belonging, and for basic human needs of food, shelter and clothing.

McAuley House serves adult men and women, as well as families with children.

Other Supportive Services:

- Rental assistance
- Toiletries
- Clothing
- Prescription assistance and referrals
- Counseling
- Crisis intervention
- Art programs
- Bible study
- Substance abuse support group



Pork Roast

Yield: 48 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

10 lb. pork roast, boneless
2 tbsp. salt
2 tbsp. pepper
3 tbsp. oil
½ cup onions, chopped
1 qt. honey
2 tbsp. paprika
1 tbsp. yellow mustard
2 tbsp. Worcestershire sauce
3 cups ketchup
1 tsp. garlic granules
½ cup white vinegar
1 cup tomato paste

Directions

1. Season pork roast. Roast at 350 degrees F for 4 to 4 1/2 hours. Remove from oven. Pull the pork. Chill and refrigerate.
2. Heat vegetable oil. Add onions and sauté until lightly browned, about 5 minutes. Add honey, black pepper, paprika, mustard, Worcestershire sauce, catsup, garlic, vinegar, and tomato paste. Simmer uncovered for 20 to 30 minutes. Heat to 155° degrees or higher for at least 15 seconds.
3. Add sauce to pulled pork and combine. Heat for service.
4. Hold for hot service at 135 degrees or higher. Portion the meat mixture onto bottom half of each roll. Top with other half of roll.

PICA MEAL SITE

134 MATHEWSON STREET, PROVIDENCE

Contact: Liz McGrath

401-331-8900

Website: www.ripica.org



Meals Served

Friday

Dinner: 4:45 – 6:00 PM

MISSION

PICA is a faith-based non-profit agency whose mission is to offer stability, justice, and hope to those in need through advocacy and direct service.

Started in 1974, PICA offers a wide range of services including a homeless outreach program, a downtown food pantry, and the SOAR program, in addition to their Friday Night Community Meal for the Homeless which serves 175-200 people weekly. Since 1980, the PICA meal site has offered an array of services in addition to the meal, along with a place where guests can feel welcome, safe, and part of a community. According to the site staff, guests “come to visit – it’s a social time.” The site is run solely by volunteers with the oversight of PICA’s Executive Director, and has had a number of cooks over the years. Currently, the PICA meal site purchases all of its food using grants and individual donations, although they do receive a large annual donation the day after Thanksgiving from Venda Ravioli that is a big hit with their guests! They throw a number of events throughout the year to make the meal feel special because, as their staff says, “Maybe they won’t have a family picnic or Christmas. We can’t make up for the family, but we can help them have part of that spirit. “

Special Programs:

- Free legal clinics
- Health screenings
- Flu shots
- Nutrition information
- Second hand clothing available
- HIV testing conducted by Sojourner House
- Poetry slam on the 1st Friday of the month
- Seasonal themed dinners such as Thanksgiving dinners, a winter holiday party (including decorations, cards, and gifts), and a summer picnic
- Assistance with making phone calls and scheduling appointments



Stir Fry Seasonal Veggies

Yield: 100 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

6 lbs. assorted seasonal fresh or frozen vegetables:

Yellow summer squash

Zucchini

Green peas

Green beans

Assorted peppers...

½ cups water

½ cup low sodium soy sauce

2 tsp. granulated garlic

½ cup oil (extra-virgin olive oil preferred)

½ tsp. ground black pepper

Directions

1. Select a colorful assortment of 4 or more vegetables. Clean, slice and cut vegetables into bite-size pieces.
2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
3. Heat oil in a large, heavy skillet or pan.
4. Add pepper to oil and stir.
5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
7. Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.
8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.
9. Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

SALVATION ARMY PROVIDENCE CORPS

386 BROAD STREET, PROVIDENCE

Contact:
401-831-1119
Salvationarmy.org



Meals Served

Sunday

Dinner: 4:30 – 5:30 PM

MISSION

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

For the past 30 years, the Salvation Army on Broad Street in Providence has served Sunday dinner to families, children, seniors, disabled and homeless people on the Southside of the city. They serve approximately 300 meals per month and the site staff gets support from 4-6 volunteers at each meal. The meal site coordinator says that she is "...pretty vocal about making sure they know they are loved and we're here for them. This is a safe place. We pray for them, so they know they're family. They get beat up enough – they need a place where they know they can be loved." To that end, they try to create a festive environment for special times of year like Christmas and the Super Bowl with homemade mac and cheese, or gifts and decorations. They collaborate with the Renaissance Church for a summer block party that draws 400-500 people each year. The Salvation Army meal site also appreciates the partnership of the Food Bank, especially email notifications about special items when they become available.

Special programs:

- Blood pressure screenings
- SNAP signups and support
- Prayer tables
- Clothing drive at Christmas
- Summer block party
- Christmas party

Hard to find items:

- Meat

Sources of Donations:

- Stop & Shop for bread and meat
- KFC
- Save – A – Lot



Mac & Cheese with Collards

Yield: 100 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

10 gal water, boiling
1/3 cup salt
1 gal. 2 ½ cups whole grain elbow macaroni pasta
1 gal. 8 cups collard greens, washed and chopped
3 cups butter or trans-fat free margarine
1 qt. 1 ½ cups whole wheat flour
2 tbsp. dry mustard
2 tsp. ground black pepper
2 tbsp. paprika
2 gal & 2 qt. low fat milk or instant dry milk, reconstituted
1 tbsp. & 1 tsp. Worcestershire sauce
3 cups grated parmesan cheese
1 gal. 1 qt. reduced fat cheddar cheese, shredded
1 qt. whole grain soft bread crumbs
2 qt. reduced fat cheddar cheese, shredded

Directions

1. Add salt to the boiling water.
2. Slowly add macaroni and collard greens until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
3. Melt margarine in a stock pot or steam-jacketed kettle.
4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
1. Add Worcestershire sauce, Parmesan cheese, and Cheddar cheese, to the white sauce. Stir over low heat until cheese melts.
1. Combine well-drained macaroni, collard greens and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 100 servings, use 4 pans. Cover with a lid or foil. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan.
2. Bake at 350° F for 5 mins, uncovered, until lightly browned.
3. Hold for hot service at 135° F or higher.

SVDP SAINT JOHN & JAMES SOUP KITCHEN

17 ST JOHN STREET, WEST WARWICK

Contact:
401-821-7661
<https://ssjohnandjames.org>



HISTORY

Msgr. Plante, the former pastor of St. John & James Parish in West Warwick recognized the need for a soup kitchen. He asked the St. Vincent DePaul conference to take on this endeavor and they agreed. In October 2009 after approval from the RI Dept. of Health, the soup kitchen moved into the former Christ the Redeemer School.

Meals Served

Thursday
Lunch: 11:00—1:00 PM

SVDP St. John & James Soup Kitchen is now in its ninth year. Every Thursday, they serve a full course meal that consists of soup, salad, main course, vegetable, desert, and of course, coffee, tea and a cold drink. Guests begin to arrive early, so they also make coffee and pastries available before the meal. The soup kitchen is staffed by five teams of volunteers from the church that alternate weeks of the month. When a fifth week occurs in any given month then team number five, which consists of a special team of Spanish speaking volunteers, cooks a Spanish meal for the guests. The guest count varies from 50-60 in the first two weeks of the month, to well over 80 at the end of the month when checks and SNAP benefits run out. The soup kitchen sees more children in the summer when school is out, but also serves families, individuals, and the homeless population. They are supported primarily by donations, food from the Food Bank, and the St. Vincent DePaul Society.

Special programs:

- Clothing available
- Seasonal holiday meals (turkey for Thanksgiving and ham for Easter)
- Spanish meal for Spanish speaking guests 4-5 times/year
- Referrals to the local food cupboard
- Coffee and pastries available for early arrivals
- Allow service providers to come upon request



Lucy's Pasta Salad

Yield: 40 Servings

Ingredients

- 4 16 oz. bags elbow macaroni
- 2 large cucumbers
- 4 pints cherry tomatoes
- 1 cup mayonnaise
- 1/2 cup milk
- 1/4 cup vinegar
- 4 tbsp. sugar
- 2 tsp. pepper

Directions

1. Bring water to a boil and add salt.
2. Add elbows and boil 8-10 minutes. Drain and rinse in cold water.
3. Dice cucumbers and cut cherry tomatoes in half.
4. Mix mayonnaise, milk, vinegar, sugar, and pepper in with the elbow macaroni and add the vegetables.
5. Add salt and pepper to taste.
6. Refrigerate until cold and hold below 41 degrees until serving.

WARM CENTER

54 SPRUCE STREET, WESTERLY

Contact:

401-596-7193

<http://warmcenter.org>



Meals Served

7 Days a Week

Lunch: 12:00 – 1:00 PM

Dinner: 5:30 – 6:30 PM

The kitchen at WARM serves nearly 100 meals every day to low income and homeless individuals and families. Over 25 years working with, and aiding, the community's most vulnerable, WARM's reach now spans more than 20 communities in RI and CT.

The kitchen always needs milk and fresh produce. Fresh meat, including hamburger is difficult and expensive to procure. Local markets and businesses generously donate pasta, bread, fresh pizza and sandwiches to be enjoyed during the lunch hour. The pizza and sandwiches are usually everyone's favorite lunch meal.

MISSION

Provide a continuum of care and service to the homeless and needy by providing affordable housing and assuring supportive services, and to help the homeless and needy build self-esteem and move toward independent and responsible living.

Special programs:

- Social Services – a case manager attends every meal and provides resources to guests.
- Culinary Basic Training Program – a 6-13 week program that provides basic culinary skills and job development. This program has an 80% job placement and retention rate!



Roasted Potato Salad

Yield: 50 Servings

Recipe from: whatscooking.fns.usda.gov

Ingredients

- 1 cup & 2 tbsp. onions, chopped
- 1 qt. & 3 cups red bell peppers, diced
- 1 tbsp. & 1 tsp Dijon mustard
- 1 tbsp. & 1 tsp garlic powder
- 1 tbsp. & 1 tsp fresh thyme or 2 tsp dried
- 1 ½ cups white wine vinegar
- ½ cup olive oil
- 1 tbsp. & 1 tsp salt
- 2 ½ tsp. ground black pepper
- 2 gal 2 qt. & 2 cups fresh red potatoes, unpeeled, cubed

Directions

1. Dressing: Combine onions, peppers, mustard, garlic powder, thyme, vinegar, oil, salt, and pepper in a large bowl. Stir well. Set aside for step 5.
2. Place 1 gal 1 qt 1 cup (about 5 lb) potatoes on a sheet pan (18" x 26" x 1") lined with parchment paper and heavily coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Bake until tender: Conventional oven: 425 °F for 20 minutes. Convection oven: 400 °F for 15 minutes.
4. Remove from oven and set aside for step 5.
5. Place warm potatoes in a large bowl. Pour 1 1/2 cups (about 12 1/2 oz) dressing over potatoes. Toss well to coat evenly.
6. Cool to 40 °F or lower within 4 hours.
7. Hold at 40 °F or below.
8. Portion with No. 6 scoop (2/3 cup).

Best Practices Roundup

Create a welcoming environment

- Early “Coffee Hour” for socializing
- Events such as a poetry slam and holiday parties help to create community
- Decorations and “frills” whenever possible
- Great customer service – i.e. being kind and courteous to everyone
- Provide hand sanitizer at meals

Offer other services and resources

- Health screenings and flu shots
- Substance abuse recovery meetings
- Housing and benefit application support
- Job training
- Transportation passes or rides
- Tax preparation and legal services
- Gently used clothing
- School backpack programs
- Prescriptions assistance and referrals
- Toiletries
- Counseling and crisis intervention
- Art programs
- Religious resources (bible study, etc.)
- Culinary training
- Build connections with local organizations!

Volunteers

- Take advantage of previous meal site beneficiaries and allow them to “give back”
- Train volunteers in food safety best practices (hand washing, hairnets and gloves, etc.). Don’t forget to offer gentle and regular reminders!
- Confidentiality from volunteers about who they see at the meal is key to protecting the dignity of guests
- Recruit from schools and universities, local churches, youth groups, people with assigned community service requirements, local businesses,
- Let volunteers do what they like to do whenever possible

Food procurement

- Seek donations from reputable local businesses and restaurants
- Buy local when in season as these items can often be cheaper, especially if you can build relationships with local farms

Take advantage of Food Bank resources

- Fresh produce
- Fish and protein when available
- Community Kitchen graduates
- Special product availability announcements



RHODE ISLAND COMMUNITY
FOOD BANK

OUR MISSION

To improve the quality of life for all Rhode Islanders by advancing solutions to the problem of hunger.

OUR VISION

We envision a state where no one goes hungry.

FOR MORE INFORMATION

For more information about how your meal site can maximize their Food Bank membership or if you have any questions about what we can offer meal sites, please contact:

Patti Perry, Customer Service Coordinator
401-230-1692
pperry@rifoodbank.org