



Good Shepherd Centre's

## *Provide-a-Meal Program*



If you have the time and resources to make one casserole a month, you can help feed the homeless.

The volunteers who cook for the Provide-A-Meal program provide more than 100,000 main course servings every year. They help Good Shepherd Centre serve more than 400,000 meals and snacks a year to those most in need.

### *How does the Program work?*

1. Good Shepherd Centre provides disposable casserole pans.
2. The group coordinator distributes the pans to members.
3. Individual group members cook casseroles using a single recipe selected from a choice of recipes provided by Good Shepherd Centre. The members bring the cooked casserole(s) to a freezer at the group's designated drop-off location.
4. Good Shepherd's refrigerated van picks up the frozen casseroles and delivers them to Good Shepherd Centre.
5. In the Centre's kitchen, staff put individual casseroles into big warming trays to prepare them for the meal program.
6. Hungry people in need receive a serving of casserole with soup, bread, a side dish of cooked vegetables or salad, and dessert.

one casserole =  
ten main course  
servings

four casseroles  
= one warming  
tray

twenty warming  
trays or 80  
casseroles = one  
day of main  
course servings

### *How can I participate?*

Your local community may already have a Provide-A-Meal group that you can join. To find out, or to organize your own Provide-A-Meal group, call Cindy at (416) 869-3619, ext. 277 for details.

### *What if I don't have time to cook?*

The Provide-A-Meal Program welcomes sponsors. Donations from sponsors cover the cost of providing the disposable aluminium casserole trays and the cost of picking up the casseroles (gasoline, van maintenance, etc.).

Please call Adrienne Urquhart at (416) 869-3619, ext. 223 to discuss sponsorship.



Good Shepherd Centre's

## Meal Program



Every single day of the year, Good Shepherd Centre serves meals free of charge and without distinction to anyone in need. The Centre serves more than 1,000 meals and snacks daily.

Guests include:

- homeless individuals;
- people who live in single rooms with only a hot-plate for cooking;
- travellers in distress;
- recently arrived refugees;
- seniors, the disabled, and other people on fixed incomes. When the cost of living rises faster than their income, they can be forced to choose between housing and food.

Any individual in need can attend the drop-in and main meal service (see right).

In addition, the Centre's 91 overnight guests receive a hot breakfast and an evening snack. Overnight guests who are working are offered a bagged lunch.

Good Shepherd Centre is able to serve more than 1,000 meals and snacks a day thanks to:

- regular food gifts from businesses in the food industry and charities;
- charities like Daily Bread Food Bank and Second Harvest;
- volunteers who cook casseroles for the Provide-A-Meal Program;
- two annual food drives held by schools, parishes and other community groups.

The Centre has a refrigerated cube van which can make scheduled weekly or bi-weekly pick-ups from businesses or groups.

To inquire about making donations of food or funds, please call Good Shepherd Centre at (416) 869-3619, ext. 223.

### Good Shepherd Centre Daily Meal Serving Schedule

#### Drop-In

9:00 to 11:00 a.m.

*Baked goods, breakfast foods  
and hot drinks.*

#### Meal Service

2:00 to 4:00 p.m.

*Full hot meal: soup, main  
course, bread, drinks, dessert.*

Guests enter the dining room through the door on Tracy Street, just north of Queen Street. Nearest major intersection: Queen St. East & Parliament Street.

Meal service is provided every day of the year except Easter Sunday, Thanksgiving, and Boxing Day. On these three days, one special restaurant-style meal is served from noon to 2:30 p.m. Special meals serve 1,000 guests or more.