



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