



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 nearly 500,000 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 Cindy Shlanger at (416) 869-3619, ext. 277 to discuss sponsorship.

What kind of food donations can we accept?

Thank you for considering a donation of food to Good Shepherd Centre's meal program.

Good Shepherd Centre gratefully accepts:

- fresh, frozen, prepared and raw foods (meat, produce, dairy, juice and fresh or frozen meals);
- non-perishable foods, canned or packaged;
- food products that are surplus, close to code, damaged, mislabelled and discontinued.

Good Shepherd Centre cannot accept:

- leftover food that has been 'plated' and served;
- prepared food with meat, egg or milk products that has been sitting at room temperature for more than two hours;
- expired dairy and expired refrigerated meat;
- food or drinks with alcohol and/or medicinal ingredients;
- open packaged food or broken sealed food.*

You can make food donations with confidence. Food donors are protected by Ontario's Donation of Food Act, 1994. This legislation protects those who, in good faith, donate or distribute food.

*Thank you to Second Harvest's [Food Donation Guide](#) for these lists.

Getting food to Good Shepherd Centre

You can **drop off food** at Good Shepherd Centre (412 Queen Street East) any day of the week. For drop-offs after 5:00 p.m., please call (416) 869-3619 ahead of time so that evening staff will know to expect you.

Pick-ups for larger amounts of food can be arranged by phoning Good Shepherd Centre at (416) 869-3619 ext. 277 during regular work hours (9:00 a.m. to 5:00 p.m.). Our two cube vans operate between 9:00 a.m. and 4:00 p.m., Monday to Friday. We appreciate 24 to 48 hours notice. Same-day pick-up is available only when the drivers' schedules permit.

If you want to **donate food on a regular basis**, we can arrange daily, weekly or monthly pick-ups. Please call at (416) 869-3619 ext. 277.