

Transition Projects

Meal Provider Calendar



Feeding Portland's homeless...day by day

2010

December, 2009

Dear friends of Transition Projects,

Welcome to our 2009 Meal Provider Calendar. This calendar is a small token of our appreciation for the more than 100 meal provider groups who serve meals at Transition Projects each year. Inside is a collection of quotations and recipes.

In past years we have included messages of thanks directly from our clients and from our staff, and messages of reflection from meal providers themselves. This year, we have compiled some of our favorite quotes about our meal provider program, from volunteers, staff, and residents. Each page also includes a recipe, designed to feed 90, based on meal suggestions from our residents. We hope you will find them useful in future meal planning!

This past year, Transition Projects provided more than 84,000 days and nights of shelter and services in order to help people move from homelessness to housing. Most of the meals provided in our shelters came from our volunteer meal providers. That's an astonishing feat. Thank you for making it possible.

As we look ahead to the challenges of next year, we know that we can continue to provide the services that people need to move from homelessness to housing—but only with your help. Your continued participation in our meal provider program is critical.

On behalf of the Board of Directors, staff, and residents of Transition Projects, thank you for your meal service...day by day.

Sincerely,

Doreen Binder
Executive Director

Become a Meal Provider

The dinners our volunteers provide are wonderful and critical, but the other benefits of the service are incalculable. Clients have told us time and again how grateful they are for the work of the Meal Providers. They get a sense of just how many people care about them. And our volunteers—often—tell us that providing meals changed their own lives.

Want to help? Here are the basics:

Form a group of 6 to 8 adults, or 8 to 10 children along with at least 4 adults, who can provide, cook, and serve a meal for 90 homeless persons. Most groups help with clean up, but our residents will assist if your group does not want to clean.

Cost

Generally, meals cost between \$100 to \$200, depending on what you choose to prepare.

Time

Preparation time depends on the meal you serve. Lasagna takes longer than taco salad. Dinnertime is 7:00 PM and the meals generally take 20 to 40 minutes to complete.

Locations

The Dr. Rodney Glisan Center is located at 435 NW Glisan (on the corner of NW Glisan and 5th). All meals served at Glisan must be prepared off-site because our kitchen facilities are limited. Meal providers are responsible for bringing plastic eating utensils, paper plates/bowls, napkins, and cups.

The Clark Center is located at 1431 SE Martin Luther King Jr Blvd, on the corner of MLK and SE Hawthorne. The Clark Center offers a full commercial kitchen that meal providers are welcome to use (you may arrive at any time to begin preparations). We provide all utensils, plates, and cups. However, we do not have cups or napkins.

We also have limited availability at Jean's Place, our women's shelter. Please ask about it.

Scheduling

Your group may provide as frequently as you wish. Many Meal Providers serve monthly, while others are more sporadic. We can schedule you with as little as a week's notice, but your chance of getting the date you want improves if you schedule earlier (weekends are popular dates and fill up quickly). In the fall, we schedule approximately 70 percent of our dates for the upcoming year.

Parking

There is free street parking in the area around the Clark Center.

The parking lot adjacent to the Glisan Street Shelter provides two free parking spaces for Meal Providers between the hours of 6:00 PM and 8:00 PM only. Ask the shelter staff for a Meal Provider pass to place on your vehicle dashboard.

Guidelines

Please do not prepare any food with poppy seeds because they interfere with drug tests that we perform. In addition, because many of our clients struggle with addictions or are in recovery, we ask that you not use alcohol as an ingredient in any meal—such as wine sauce.

Interested in providing a meal? Contact our Volunteer Coordinator at (503) 823-4926, x4, or volunteer@tprojects.org.

Transition Projects

Meal Provider Calendar

Pesto Pasta with Chicken

11 (16 ounce) packages bow tie pasta
3 tablespoons and 2-1/4 teaspoons olive oil
22 cloves garlic, minced
22 boneless skinless chicken breasts, cut into bite-size pieces
crushed red pepper flakes to taste
3-3/4 cups oil-packed sun-dried tomatoes, drained and cut into strips
5-2/3 cups pesto sauce

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken. Season with red pepper flakes. Cook until chicken is golden, and cooked through. In a large bowl, combine pasta, chicken, sun-dried tomatoes and pesto. Toss to coat evenly.

Submitted by Gloria & Friends meal provider group, from allrecipes.com

"Every day I go to work, and at the end of the month, someone hands me a paycheck. At the Glisan Center Shelter, I go serve a meal and am rewarded with a standing ovation!!"

-Anonymous Meal Provider

Thank you for ensuring that the people assisted by Transition Projects are fed and nourished every night of the year. Your participation is invaluable. For scheduling questions or changes, please call the Volunteer Coordinator at (503) 823-4926, extension 4.

January 2010

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Transition Projects

Meal Provider Calendar

Hearty Macaroni Salad for 100

6 lb fully cooked ham, cubed
6 lb macaroni, cooked, drained, and rinsed in cold water
3 lbs shredded cheddar cheese
2- 20oz bags frozen peas, thawed
2 bunches celery, chopped
2 large onions, chopped
2 cans sliced olives, drained

Dressing:

2 quarts mayonnaise
1 bottle western or French salad dressing
1/4 cup vinegar
1/4 cup sugar
1 cup light cream
2 tsp onion salt
2 tsp garlic salt
1 tsp pepper

Directions

Combine first seven ingredients.
Combine all dressing ingredients. Pour over salad mixture and toss to coat. Refrigerate.

From Growlies for Groups website

"You lift us up when you come here. Of course, the food is always great, but on a personal level you people are truly a gift of human kindness—undeserved but well bestowed upon us here. Thank you all, and may your days be wonderful and full. From one of the guys."

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February 2010

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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

Transition Projects

Meal Provider Calendar

Oven Barbecued Chicken

50 lbs chicken, but up
1 1/2 quart onions, finely chopped
1 lb butter or margarine, melted
1 qt vinegar
3 qt water
2 cups Worcestershire sauce
3 qt ketchup
3/4 cup prepared mustard
3 cups brown sugar
6 T salt
1 tsp pepper

Directions

Wash chicken thoroughly and drain well. Set aside.
Sauté onions in 1 cup butter or margarine until tender. Add vinegar, water, Worcestershire sauce, ketchup, mustard, sugar, salt and pepper to sautéed onions. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Stir in remaining butter or margarine. Pour sauce over chicken; cover and refrigerate 2+ hours to marinate. Drain chicken, and reserve marinade. Place chicken on lightly greased pans, bake 1.5 hours or until tender. Baste 2—3 times with reserved marinade throughout baking. Note: chicken should be cooked at least 20 minutes after final basting.

From Growlies for Groups website

"To all of you kind people — thank you!! Nobody should go hungry."

-Dave, Clark Center resident

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March 2010

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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Transition Projects

Meal Provider Calendar

Lots o' Lasagna

6 (48 oz) jars spaghetti sauce
10 lb mozzarella cheese
6 lb lasagna noodles
2 dozen eggs
1 (0.5 oz) jar parsley
9 (24 oz) cartons cottage cheese
6 lb ground beef
4 lb mild Italian sausage
1 large container parmesan cheese

Directions

Brown ground beef and sausage together. Mix with spaghetti sauce; set aside. Mix cottage cheese, parsley, parmesan cheese, and eggs; set aside. Grate mozzarella cheese, and cook noodles (al-dente). Use long shallow pans. Layer noodles, cottage cheese mixture, meat sauce, and mozzarella cheese in that order. Make a second layer, and top with third layer of noodles. Spoon sauce over top and bake, covered with foil, for about an hour at 350 degrees. Remove from oven about 30 minutes before slicing and serving.

From Growlies for Groups website

"To all the wonderful volunteers: words cannot express what it means to all of us at the Clark Center, the volunteering all of you have done. Without all of you it would be harder to make our lives better. Thank you so much.

L.C."

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April 2010

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

Transition Projects

Meal Provider Calendar

Chicken Broccoli Fettuccini

15 lbs uncooked fettuccini
 20 lbs boneless chicken breast
 3 cups butter
 15 cloves garlic, minced
 2 T black pepper
 12 bunches fresh broccoli, chopped
 3 T seasoned salt
 96 oz sour cream
 6 quarts heavy whipping cream
 3 quarts half-and-half
 10 cups grated Romano cheese
 10 cups grated Parmesan cheese

Directions

Cook fettuccini al dente, drain and set aside. Wash, drain, and chop broccoli. Cut chicken breasts into bite size pieces, or cut crosswise into 1/2 inch slices. Heat butter, garlic and black pepper in large skillet over medium heat. When hot, add chicken and broccoli. Cook and stir until meat is no longer pink in center. Sprinkle in seasoned salt and toss to mix. Remove from heat and allow to cool. When chicken and broccoli are cool, sprinkle cheeses over top and toss to mix well. Combine sour cream, whipping cream, and half-and-half in separate bowl. Spread pasta in bottom of lightly greased baking pans. Spread chicken mixture over pasta and toss gently to mix. Pour sauce over all. Cover pan, and heat at 350 degrees for about 30 minutes or until very hot. DO NOT bring to a boil, or sauce will curdle. Remove from oven and allow to sit for a few minutes for pasta to absorb some of the sauce.

From 50+ Friends Club Cookbook, 50plusfriends.com

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May 2010

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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Transition Projects

Meal Provider Calendar

Chicken Pot Pie

2 lb butter or margarine
 6 cups flour
 3 gallons chicken stock, hot
 6 lbs diced carrots
 6 lbs frozen peas
 12 lb cooked chicken, cubed
 3 T salt
 4 tsp dried thyme leaves
 4 tsp ground white pepper
 6 lbs pastry, for topping

Directions

Melt butter or margarine. Add flour and blend. Add stock slowly, simmering to form a smooth sauce. Stir in seasonings and simmer until mixture thickens.

Divide chicken, carrots and peas into 3 12x20x2 hotel pans. Pour sauce evenly over each pan. Roll out pastry to cover each pan; place over chicken mixture and seal edges to pan. Bake at 400 degrees for 20—25 minutes or until crust is browned.

From 50+ Friends Club Cookbook, 50plusfriends.com

"Volunteers and staff members, I want to thank you... for helping other people survive. Thank you for doing your part to repair the world I live in, the world other homeless people live in right here in Portland, OR. You may think your part may be a little bit... Ah, but for so many of us, that makes all the difference."
 Glenn, Glisan Center resident

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June 2010

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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

Transition Projects

Meal Provider Calendar

Chicken Gumbo

12 ribs celery, chopped
 6 green bell peppers, chopped
 6 medium onions, chopped
 1.5 cups butter or margarine
 5 gallons chicken broth
 2 #10 cans diced tomatoes, un-drained
 6 bay leaves
 4 T minced fresh parsley
 2 T pepper
 5T garlic powder
 4 T salt
 4 cups uncooked long grain rice
 20 cups cubed cooked chicken
 12 cups cubed cooked ham
 2 lbs frozen chopped okra
 4lbs cooked small shrimp, peeled and deveined

Directions

In large pot or pots, sauté celery, green peppers, and onions in butter until tender. Add the next 7 ingredients; bring to a boil. Stir in rice. Reduce heat; cover and simmer for 15-20 minutes, or until rice is tender. Stir in chicken, ham, okra and shrimp. Simmer for 8—10 minutes more, or until shrimp turn pink and okra is tender. Discard bay leaves.

From 50+ Friends Club Cookbook, 50plusfriends.com

"Thank you so much for the food you've so generously donated to us throughout the years. Happy Holidays, and God Bless. From the residents of Jean's Place."

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July 2010

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Transition Projects Meal Provider Calendar

Broccoli Cauliflower Salad

5 lbs broccoli, cut into florets
 5 lbs cauliflower, cut into florets
 1 2/3 cups thinly sliced green onions
 6 cups mayonnaise
 1/3 cup sugar
 3 T vinegar
 2 1/2 lbs sliced bacon, cooked and crumbled
 1 1/2 lbs cheddar cheese, cubed

Directions

In a large bowl, combine broccoli, cauliflower and onions. Combine mayonnaise, sugar and vinegar; pour over vegetables 1 hour before serving. Chill. Just before serving, add bacon and cheese; toss.

From 50+ Friends Club Cookbook, 50plusfriends.com

To those who have given so generously:

We often shy away from expressions that try to convey our thankfulness. However, last night when the "givers" were leaving, the applause given in the dormitory expressed more than I or anyone else could say in feeble words...

But I feel it is necessary for me to write to you all and tell you how much I appreciate your thoughtful sacrificial giving... Bless you for caring, and pray that your giving will be carried forth. In that one day we may all give to another this expression of love you have all shared with us.

In thankful regards,
 Frank H. , Glisan Center resident

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August 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Transition Projects
Meal Provider Calendar

Reuben Casserole

3 #10 cans sauerkraut
6 lbs onions, chopped
1 1/2 cups parsley
6 T caraway seeds
12 lbs Swiss cheese
3 quarts thousand island dressing
15 lbs corned beef
7 cups rye bread crumbs
1 1/2 lbs butter or margarine

Directions

Drain sauerkraut. Toss with onion, parsley, and caraway. Layer each steam table pan with sauerkraut mixture, cheese, salad dressing, and corned beef. Mix bread crumbs with melted butter or margarine. Sprinkle over each pan. Bake at 350 degrees for approximately 40 minutes.

From 50+ Friends Club Cookbook, 50plusfriends.com

"I am impressed and inspired by the attitude of people fixing meals for others, they don't know or ask anything from, and seeing the domino effect on the other residents.

I definitely appreciate all their help, and hope to return or continue the volunteer attitude of giving to others as I return to productive life in my future.

Thanks so much.

Sincerely, Don, Glisan Center Resident"

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September 2010

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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Transition Projects

Meal Provider Calendar

Clam Chowder

24 small cans clams
 12 cups onions, chopped
 12 cups celery, chopped
 24 cups potatoes, dices
 9 cups butter –or– 4.5 cups butter and 4.5 cups margarine
 9 cups flour
 3 gallons half-and-half
 6 T salt
 2 T sugar
 1 tsp pepper

Directions

Add vegetables to saucepan and drain clam juice over vegetables. Add enough water to vegetables to cover, and cook until tender. In another pan, melt butter and then add flour and cook. Add milk to butter and flour mixture, and cook until thick and bubbly. Add white sauce and clams to vegetables and cook for 5—10 minutes, then add seasonings and serve.

Submitted by Bethany LDS Church meal provider team

“To all the meal providers: I just wanted to take a moment to say thank you for all your efforts and self-sacrifices. All of you men and ladies make my day, each and every day. It means a meal, but more than that, it spreads true brotherly love, and there just isn’t enough of that sort of thing these days, so thank you and God bless all of you.

Dirk, Clark Center”

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October 2010

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

Transition Projects

Meal Provider Calendar

Pecan Turtle Bars

4-1/2 cups all-purpose flour
 4-1/2 cups packed brown sugar
 1-1/2 cups butter, softened
 4 1/2 cups pecan halves
 2 cups butter
 4 cups milk chocolate chips

Directions

Combine flour, 3 cups brown sugar, and softened butter in large bowl until mixture resembles fine crumbs. Divide between three ungreased 9x13 inch baking pans, and press evenly onto bottom. Sprinkle pecans evenly over each. Combine remaining butter and remaining 1 1/2 cups brown sugar in medium saucepan. Cook and stir over medium heat until entire surface is bubbly. cook and stir 1/2 to 1 minute more. Pour into pan, spreading evenly over crust. Bake in 350 degree oven for 18 to 20 minutes, until entire surface is bubbly. Remove from oven. Immediately sprinkle with chocolate chips. Let stand 2 to 3 minutes to allow chocolate to melt. Use knife to swirl chocolate slightly. Let cool, and cut into pieces.

from allrecipes.com

"All our volunteers are inspired by the trials and accomplishments of the residents at Transition Projects. As future health-care providers and Students in OHSU's students for the Underserved, we appreciate the work that TPI does because maintaining good health requires that we all have enough to eat, a place to sleep and hope for our future."

-Emily Pratt, OHSU Association of Students for the Underserved

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November 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

Transition Projects

Meal Provider Calendar

Corn Bread

3 qts. flour
3/4 c. baking powder
1 1/4 c. sugar
3 tbsp. salt
2 qts. Cornmeal
2 1/2 c. dry milk
10 eggs
2 1/2 qts. water
2 1/2 c. melted shortening

Directions

Sift dry ingredients together 3 times or blend 15 minutes in mixer on low speed, using whip.
Combine dry ingredients with remaining ingredients; mix just enough to moisten.
Pour into 4 well greased baking pans, 12 x 18 x 2 inch. Bake at 425 degrees for 30 to 40 minutes. Serves 100

From Growlies for Groups website

"Thank you all very much for all your time and effort you put in to make our lives a little easier and a little more comfortable. Lord knows, every little thing sure helps. For myself, all your help is very comforting, since I am losing my sight, so your help is very welcome and needed at this time. I would like to thank you so very much, and keep up the good work!"

-Christine, Jean's Place resident

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December 2010

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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



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To provide a meal or to help in other ways, please call 503.823.4926, ext. 4 or e-mail volunteer@tprojects.org