

Be a Dinner Donor

The Lowell Transitional Living Center needs your help providing meals to some of the most vulnerable people in the Greater Lowell area. Our meals program cooks and serves 3 meals a day, 365 days a year, *providing an average of 350 meals each day* to any adult who is hungry and shows up at the Center. That's *over 125,000 meals each year*.

You can make a huge difference in the lives of those struggling to make ends meet by helping us deliver this very important program. Donations to our Dinner Donor Program go directly toward providing meals to the hungry.

There are 2 ways to become involved.

SPONSOR A MEAL

Your donation of \$350.00 pays for a sit down dinner for 120 people. A donation of \$200 provides funding for one breakfast or lunch for all of our guests for one day.

When you sponsor a meal your name is hung prominently in our dining room as the sponsor for that day's meal.

- You can choose the date and meal you sponsor. This is a wonderful way to celebrate a birthday, or remember a special person.
- You are invited to come and serve the meal you are sponsoring, but this is not required.

PREPARE A MEAL

Shop and prepare a meal for our guests. This is a great way for church groups, families, groups of friends or employees to share in the experience of giving.

- Your group prepares breakfast, lunch, or dinner for 100- 120 people
- Deliver the meal to the Center on your designated day.
- Your name, or the name of your group, will be hung prominently in our dining room as the sponsor for that day's meal.
- You are invited to come and serve the meal you are sponsoring, but this is not required.
- We can help with recipes, quantities, cooking information and other logistics
- We welcome your thoughts on meals that might reflect the mission of your community group or organization. You can prepare an entire meal, the main course only, or bring a special dessert. We welcome any help you can give!

If you can help, please call David McCloskey (Exec. Dir) or Bonnie at 978-458-9888.

Preparing a meal for 120 guests

This is NOT as scary as it sounds! A group of people can have a lot of fun with this project.

1. Gather a team
 - a. Find friends, colleagues, family or others to form your team. Our current meal teams tend to involve 6-12 people, but you can organize your group in any way.
 - b. This is a great project for church groups, scouting groups, employers looking for team building exercises, school groups, or any group of people who want to give.
2. Coordinate with the Center
 - a. Discuss your group, possible menu, and dates with the LTLC meals coordinator.
 - b. Settle on a date and meal to prepare. Our staff will give you a number of meals to prepare, which can vary by date and meal chosen.
 - c. Discuss meal delivery logistics
3. Prepare a menu
 - a. This does not have to be complicated! To get started, visit allrecipes.com. This site includes a calculator that converts recipes into larger quantities. Alternatively, we can give you a meal plan with recipes to prepare.
 - b. Try to keep your menu as healthy as possible. Include a salad and vegetable. Milk is always appreciated by our guests.
 - c. Once you know what you will be preparing, let the LTLC meals coordinator know in advance.
4. Work with your team to determine the best way to prepare your meal
 - a. It is usually helpful to designate someone as the project coordinator who can ultimately make sure that the meal ends up at the LTLC in time for serving.
 - b. Some teams gather together and prepare the meal together. Others divide up the responsibilities and assign individual team members to certain tasks.
 - c. Don't forget to include delivery logistics into your planning.
5. Stay and serve your meal
 - a. This of course is NOT required, but many of our meal donors enjoy staying, serving our guests, and seeing their meals enjoyed.
6. Come back again!
 - a. Several of our groups provide a meal each month, or every other month. We value all contributions, but hope you will consider returning to do another meal!

American Chop Suey, Salad

Ingredients

- 24 (16 ounce) packages uncooked elbow macaroni
 - 24 pounds lean ground beef
 - 16 onion, chopped
 - 10 green pepper chopped
 - 40 (10.75 ounce) cans condensed tomato soup
 - 8 Cans (10.75) Diced Tomatoes
 - salt and pepper to taste
1. Cook macaroni according to package directions.
 2. Meanwhile, in a separate large skillet over medium high heat, sauté the ground beef and the onion/peppers for 5 to 10 minutes, or until meat is browned and crumbly. Drain thoroughly and leave the meat and onion in the skillet. Pour the cans of tomato soup and diced tomatoes into the skillet and stir well to combine.
 3. When noodles are done, drain thoroughly and return noodles to the pot. Add the hamburger mixture from the skillet to the pot. Mix well and season with salt and pepper to taste.

Salad

- 3 large bag of mixed greens (COSTCO sized)
- 2 large bags of craisins

Mix ingredients into a large disposable baking tin, or a XXL zip lock bag.