**Keystone Mission Meal Information**

**For Community Groups**

Thank you for providing the portable meals for the homeless population, provided in partnership with the Keystone Mission in Wilkes Barre. Our church has committed to covering the second Sunday of each month through our Community Groups. Here is what each group is being asked to do:

**Preparation** (in the weeks prior to your scheduled date):

* Discuss the vision of providing meals to the homeless in Wilkes Barre, in the name of Christ, as a way of demonstrating His love.
* Please plan to prepare **30 meals**.
* Decide as a group what your bagged meals should be (see below).
* The meals should be able to be served at any temperature. They will be handed out on a Sunday afternoon, and may not be finished for a day or two, so please no items that will spoil in that time frame.
* The foods should not be crunchy (uncut apples, carrots, etc) since some of the people receiving these meals have dental issues.
* Prepackaged foods are ok, but please make sure the meal is balanced and healthy.
* Coordinate with your group which items are being brought by whom, and plan to have all the foods brought to the church on the day of the meal.
* Include disposable bags, plasticware, napkins, and beverages in your meals. Empty boxes for transport are also very helpful.

**Assembly** (the day of the meal delivery):

* On the day of the meal, plan to have all items brought to church.
* After church, meet as a group to assemble the meal. Please use either the gym kitchen or room 8, but NOT the café or community room as they are being used at that time.
* Assemble the meals, each in their own plastic bag, and collect those meals in boxes for easy transport.

**Delivery and Distribution**:

* Find 2-3 volunteers to deliver the meals to Keystone volunteers. See our Keystone Coordinator (Jim Lewis/Witt Gove) for details on current location. Please plan for at least one man among the volunteers.
* Those volunteers may stay to hand out the meals along with the Keystone volunteers.
* If no volunteers from your group are available, please communicate ahead of time with the Keystone Team Coordinators.

**Do’s and Don’ts**:

* Please do pray as a group for those who will receive these meals.
* Please do NOT include cash or gift cards inside the bags.
* Please do give any non-food gifts (optional) to Keystone staff, for them to distribute to those who need them the most.
* Please do NOT include tracts or written materials without prior pastoral approval.
* Volunteers who go to distribute meals ARE free to speak, pray, and share the Gospel with those who are receptive to that.
* Please speak to Keystone staff for any questions or concerns, and follow their direction on site.

**Meal Ideas Which Have Worked Well in the Past:**

**Main Dish**

* Cold meals
  + PB and Jelly
  + Turkey/ham and cheese sandwiches (lettuce, tomato, other toppings)
  + Hoagies
  + Tuna salad sandwich
  + Salad (can back in a cup with lid)
  + Tortilla wraps/rolls
  + Quinoa bites/cakes
* Hot meals that will travel well
  + Meatball subs
  + Meatloaf/Meatloaf sandwich
  + Hot chicken sub
  + Hot ham and cheese
  + Breakfast sandwiches
  + Hot dog/hamburgers
  + Packable/portable lasagna
  + \*Soft\* chicken strips/nuggets
  + Chicken patty sandwiches
  + Chicken Parm sandwich
  + Corndogs
  + Shepard’s pie pockets

**Sides (2-3)**

* Bananas (a favorite!)
* Other fruit:
  + Oranges
  + Mandarin orange cups
  + Mixed fruit cups
  + Apple sauce cups or squeeze pouches
  + Fruit salad (made with soft fruits and berries)
* Salty snack
* Soft granola bars
* Packaged Salads
* Mixed cooked veggies
* Mashed potatoes
* Mac and cheese

**Drinks (More than one is recommended)**

* \*Water (should always be included)
* Gatorade
* Juice
* Nutritional shake

**Optional food items:**

* Dessert
  + Brownie
  + Soft cookies (avoid nuts)
  + Soft apple crisp/pie
  + Cupcakes
  + Cake

**Additional Items to include in lunch bag:**

* Wipes, Napkins
* Silverware, as needed

**Extra items (optional):**

* Blankets
* Bed rolls
* Toothbrush, toothpaste, floss
* Handwarmers
* Soap, washcloth
* Clothes
  + Coats
  + Hoodies
  + Socks
  + New underwear
  + Shoes