

Keystone Mission Meal Information For Community Groups

Thank you for providing the portable meals for the homeless, 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 **60 meals (subject to change)**
- 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 consumed 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. Crates are available to help transport.
- Reserve the gym kitchen for meal assembly time, office@fellowshipefc.org.
- Contact our Homeless Outreach Team Leaders in advance for effective planning:
 - Jim: 570.212.1615
 - Matt: 610.442.8886

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, 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 crates for easy transport.

Delivery and Distribution:

- Find 2-3 volunteers to deliver the meals to Keystone volunteers. 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 a delivery plan ahead of time with the Keystone Team Coordinators.

MEAL DISTRIBUTION INFORMATION

KM Innovation Center 90 East Union Street
Wilkes-Barre, PA 18701
Arrival Time: 4:45 PM
(570) 871-4795 ext. 0600

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.
- Speak to Keystone staff for any questions or concerns; follow their direction on site.

Meal Ideas Which Have Worked Well in the Past:

Main Dish

- Cold meals
 - o PB and Jelly
 - o Turkey/ham and cheese sandwiches (lettuce, tomato, condiment packs, etc.)
 - o Hoagies
 - o Tuna salad sandwich (cooler weather)
 - o Salad (can pack in a cup with lid)
 - o Tortilla wraps/rolls
 - o Quinoa bites/cakes
- Hot meals that will travel well
 - o Meatball subs
 - o Meatloaf/Meatloaf sandwich
 - o Hot chicken sub
 - o Hot ham and cheese
 - o Breakfast sandwiches
 - o Hot dog/hamburgers
 - o Packable/portable lasagna
 - o *Soft* chicken strips/nuggets
 - o Chicken patty sandwiches
 - o Chicken Parm sandwich
 - o Corndogs
 - o Shepherd's pie pockets

Sides (2-3)

- Bananas (a favorite!)
- Other fruit:
 - o Oranges
 - o Mandarin orange cups
 - o Mixed fruit cups or fruit salad
 - o Apple sauce cups or squeeze pouches
- 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
 - o Brownie
 - o Soft cookies (avoid nuts)
 - o Soft apple crisp/pie
 - o 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
 - o Coats
 - o Hoodies
 - o Socks
 - o New underwear
 - o Shoes