

## Healthy Initiatives

### Suggested Breakfast Menu:

DuPagePads is committed to providing healthy food options for our clients in the Interim (Overnight) Housing program.

- The Breakfast and Cleanup shift is from 5:30am-7:30am.
- Breakfast is served at 6:00am.
- To estimate the number of clients you will be serving, please visit this spreadsheet that has nightly numbers for each site over the past season:  
<http://bit.ly/SiteNumbers>
- Below are suggested items from each food group to offer during breakfast, we encourage creativity in meal planning, while being budget friendly.
- Breakfast can be served hot, continental or a combination.
- **Please note, you do not have to provide everything on the list below.**

#### Protein:

- Eggs, sausage, turkey sausage, ham, bacon

#### Carbohydrates:

- Whole wheat bread/toast, whole wheat bagels, whole wheat English muffins, oatmeal

#### Fruit:

- Fresh or canned fruit

#### Dairy:

- Greek yogurt, cottage cheese

#### Beverages:

- Milk, orange juice, coffee, water

#### Condiments:

- Peanut butter, low fat cream cheese, jelly, butter, coffee creamer, sugar, sugar replacer, sugar free syrup

#### Extras:

- Trash bags, zip locks, **disposable gloves**, paper products (cups, bowls, plates, napkins), plastic utensils, paper towels

**Thank you for your time and commitment to  
DuPagePads mission in ending homelessness.**

For questions regarding a breakfast donation, please contact  
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