

Healthy Initiatives

Suggested Dinner Menu:

- DuPagePads is committed to providing healthy food options for our clients in the Interim (Overnight) Housing program.
- The Dinner and Setup shift is from 5:30pm-8:30pm.
- Dinner is served at 7:15pm.
- 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 dinner, we encourage creativity in meal planning, while being budget friendly.
- **Please note, you do not have to provide everything on the list below.**

Protein:

- Chicken, pulled pork, turkey breast, ground beef

Carbohydrates:

- Brown rice, potatoes, whole wheat pasta, quinoa

Vegetables

- Mixed vegetables- fresh or frozen
- Side salad with tomatoes, peppers, carrots, cucumber, etc.

Fruit/Dessert:

- Fresh or canned fruit in light syrup, Jello

Dairy:

- Greek yogurt, low fat cottage cheese

Beverages:

- Milk, lemonade or drink mix, decaf coffee, water

Condiments:

- Peanut butter, jelly, butter, coffee creamer, sugar, sugar replacer

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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