



**DuPagePads**

The Solution to End Homelessness.



## Healthy Initiatives Suggested Dinner Menu

*Feed Families and Individuals who are homeless in DuPage County*

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

- Each night DuPagePads provides dinner for 70 families and individuals.
- Dinner is served at 7:15pm. All meal items must be delivered to the site prepared and ready to serve between 5:30pm and 6:30pm.
- Below are suggested items from each food group to offer during dinner, we encourage creativity in meal planning, while being budget friendly.

### Protein:

- Chicken, turkey breast, ground beef, hot dogs, (no pork or ham)

### Carbohydrates:

- Brown rice, potatoes, whole wheat pasta, quinoa

### Vegetables

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

### Fruit

- Fresh or canned fruit in light syrup

### Beverages:

- Water, milk, lemonade or drink mix, decaf coffee, tea or pop

### Condiments:

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

### Additional items needed:

- Disposable gloves
- Paper products (cups, bowls, plates, napkins)
- Paper towels
- Plastic utensils
- Trash bags

*Thank you for your generosity and support  
in our mission to end homelessness!*

Available dates and needs listed at:

<http://bit.ly/DuPagePadsDinners>

For questions regarding a meal donation, please contact  
DuPagePads Volunteer Coordinator  
630.682.3846, [volunteer@dupagepads.org](mailto:volunteer@dupagepads.org)