

Coalition for the Homeless of Central Florida

Center for Women and Families

Donation Needs

❖ Monetary Donations Greatly Appreciated

- *Used for Purchasing Monthly Food (e.g., Meat, Veggies) and Periodically Consumables (e.g., Gloves, Foil, Oven Mitts, Dish Towels)*
- *Mark Donations for Homeless Shelter Designated Food Fund*

❖ Monthly Pantry Donation Needs

- *Muffin Mixes to Make 8-10 Dozen (No Banana or Corn Please – We Bake Those from Scratch)*
- *Brownie Mixes (6 Boxes of Same Brand/Flavor, No Nuts Please)*
- *Cake Mixes (1 Chocolate, 1 Vanilla/Yellow, 1 Lemon, 1 Strawberry)**
- *Cake Icing (1 Chocolate, 1 Vanilla, 1 Lemon, 1 Strawberry)**
- *Canned Corn (1 Commercial 100-oz. Can or 7 Regular 15-oz. Cans)*
- *Bisquick Baking Mix (Approx. 90 oz.)**
- *Unbleached Flour (Approx. 10 lbs.)**
- *Sugar (Approx. 15 lbs.)*
- *Brown Sugar (Approx. 4 lbs.)**
- *Plain Yellow Corn Meal – Not Corn Meal Mix (Approx. 4 lbs.)*
- *Rice Krispies (Approx. 30 oz.)*
- *Mini Marshmallows (3 16-oz. Bags or 5 10-oz. Bags)*
- *Ranch Salad Dressing (Approx. 200 oz.)*
- *Italian/Vinaigrette Salad Dressing (Approx. 48 oz.)*
- *Napkins (400-500 Count)*
- *9 oz. Paper Cups (200-300 Count)*
- *Heavy Duty Plastic Forks & Spoons (200-300 Each)*
- *Regular Bleach (1 gal.,)*
- *Liquid Dish Soap (Approx. 24-oz. Bottle)*
- *Liquid Comet or Soft Scrub Cleanser (1 Bottle)*

❖ Meal Dependent Pantry Needs

- *Dry Beans (6-8 lbs. per Meal)*
 - *Black (Approx. 6-8 lbs. Annually)*
 - *Great Northern (Approx. 30-40 lbs. Annually)*
 - *Pinto (Approx. 6-8 lbs. Annually)*
 - *Small Red (Approx. 18-24 lbs. Annually)*
- *Brown Rice (20 lbs. per Meal, Approx. 100 lbs. Annually)*
- *Canned Diced Tomatoes (Approx. 72 Commercial 100-oz. Cans or 270 28-oz. Cans or 540 14-oz. Cans Annually)*

**Currently Have 3-4 Month Supply of Noted Items On-Hand in Pantry*

General Meal Information

❖ **St. Luke's Provides One Complete Dinner Service/Month**

- *Third Saturday of Every Month*
- *Lovingly Cooked from Scratch (Except for Some Baking Mixes)*
- *Served with Love by Friendly Faces*

❖ **St. Luke's Provides Sufficient Milk and Fresh Fruit for Dinner and Breakfast for Adults and Children**

- *Shelter Typically Provides Milk Only to Children Due to Short Supply*
- *Fresh Fruit is Special Commodity at Shelter that a St. Luke's Adult Sunday School Class and FreshPoint Help Provide*

❖ **St. Luke's Provides Eggs and Other Breakfast Items**

- *Generous Donation from FreshPoint Makes Eggs Possible*
- *Muffins and Sausage Cheese Balls Baked Fresh at St. Luke's*
- *Publix and Fresh Market Donate Day-Old Pastries and Bread Throughout Month for Freezing at St. Luke's*
- *Other Donations from St. Luke's Members (e.g., Juice, Cereal, Peanut Butter, Jelly) Help Round Out Breakfast*

❖ **Most Meals are Casserole Type that Include Beans for Nutrition and Budget Stretching**

❖ **Shelter Guest Favorite Meals**

- *Quiche and Homemade Veggie Soup with Great Northern Beans*
- *Chicken Jambalaya with Beef Smoked Sausage and Red Beans Over Brown Rice*

❖ **Other Typical Meals**

- *Chicken and Black Beans Over Brown Rice*
- *Chicken Cacciatore with Great Northern Beans Over Pasta*
- *Chicken a la "Queen" (Substitute Milk for Higher Priced and Higher Calorie Cream) with Great Northern Beans Over Brown Rice*
- *Grilled Cheese and Taco Soup with Pinto Beans*

❖ **Special Meals**

- *Beef Stew with Great Northern Beans (Beef Usually Too Expensive to Make Stew or Other Beef Meals)*
- *Oven Barbeque Chicken Drumsticks and Corn on Cob (Once Per Year When Corn in Season)*
- *Christmas-Time Sit Down Dinner with Table Decorations and Carolers*