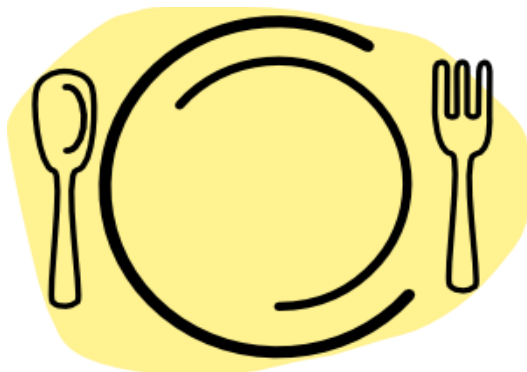


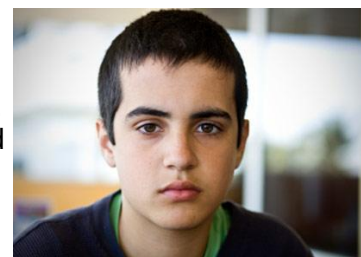


PREPARE AND SHARE A MEAL

Covenant House Georgia is in need of volunteers to Prepare and Share a Meal with our youth!

Each night, hundreds of homeless youth throughout Atlanta go to bed hungry. At Covenant House Georgia, we have been blessed with the opportunity to provide Atlanta's homeless youth with hope, sanctuary, and a hot meal each evening.

As we continue to increase our capacity to serve more and more youth, we are in need of volunteers to 'Prepare and Share a Meal' Saturday through Thursday. This is a wonderful opportunity for families, corporate groups, church groups and individuals to impact the lives of homeless teens. 57% of homeless teenagers spend at least one day a month without food, so even a simple meal can begin the healing process for a young person.



'Prepare and Share a Meal' volunteers bring, serve and enjoy dinner with the youth in our crisis shelter. Sign-up for one meal, a monthly meal or even a weekly meal!

See what volunteers and CHGA youth had to say about their Prepare and Share a Meal experience:



"Having visitors for dinner each evening is a lot of fun. I think it's cool that they have dinner with us, take interest in our lives and go out of their way to make us feel special."

- Janey, Covenant House GA youth

"We thoroughly enjoyed sharing a meal with the youth and staff of Covenant House GA and seeing firsthand the loving care, discipline and respect given to the youth. The Meal Donation program gives the opportunity to show the youth they do matter and that others outside of the Covenant House care. Their determination and resilience is quite inspiring. The youth expressed their genuine appreciation and gratitude, which touched us all. Seeing the effect of sharing a meal with these remarkable young people left us anxious to do it again and get involved with the Covenant House more."

- Charron Hope, VP, Bank of Atlanta



"Sitting down to have a meal with the youth was much more rewarding for me, I think, than for the youth. The youth have so much spunk and such a desire to succeed; they just need to be given the opportunity. They inspired me to make the most of what I have."

- Rachel, Covenant House GA Volunteer

Dinner is served from 6 pm - 7pm, Saturday - Thursday in our crisis shelter. Volunteers are welcome to prepare dinner at home or in the shelter kitchen. Food should be provided for 40 youth.

Please note that if you need to cancel send an email at least a week before your date as our youth are depending on you.

To sign up for our Prepare and Share a Meal program, please sign up at : <http://vols.pt/UuXnf8> for further questions please contact our volunteer specialist: Rachel Haferman RHaferman@covenanthouse.org



***Please see next pages for FAQ's, information about our Healthy Eating Initiative and recipe ideas.

Prepare and Share a Meal Frequently Asked Questions

Do I need to bring plates, cups, or cutlery?

We provide these materials for you, but you are more than welcome to bring your own.

Do I need to bring drinks or ice?

We provide water, but you can provide healthy unsweetened beverages such as tea, milk, or 100% juice. Additionally, our ice machine is out of commission, so if you bring beverages please supply ice.

Do you have pots, pans, utensils?

Yes.

What time do I need to arrive?

Please arrive at whatever time necessary to have the meal prepared by 6pm.

How long can we stay?

As the youths' days are jam packed, we are not able to run after dinner activities past eight. Please plan to wrap up your meal by 7pm and any activities by 8pm.

How many youth will be there?

There can be up to 40 youth present at any given dinner. We never will have an exact headcount. Leftovers can be left and will be given out at lunch the next day.

What kind of food should I bring?

We encourage healthy eating here at the shelter. We ask that you please bring a main entrée dish, along with a grain/starch option and one to two vegetable side options, and prefer normal sized portions.

How many volunteers can be in my group?

We ask that your group be no larger than 12.

Healthy Eating Program

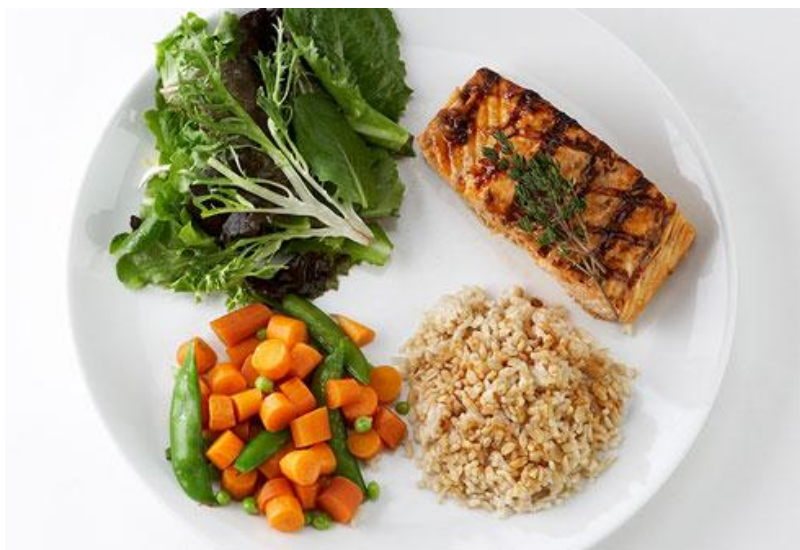
An important part of providing our youth with a safe, comfortable place at Covenant House Georgia is offering them healthy, tasty meals each and every day! And as we assist them on their path to self-sufficiency, we want to help them understand the impact of diet on long-term health. A good place to start is with our Prepare and Share a Meal program, where we partner with our supporters to improve the lives of homeless teens through healthy food!

Food can be delicious while still being healthy and nutritious! Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean proteins contain the nutrients we need without too many calories. It is a great idea to cut back on foods high in solid fats, added sugars, and salt. Added sugars and fats load foods with extra calories and excess sodium may increase blood pressure.

Here are some ideas to help you plan your healthy meal!

- Experiment with substitutions: low-fat yogurt instead of sour cream; herbs and spices instead of butter and salt.
- Make half the meal fruits and vegetables. Include red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. Leafy greens, such as spinach, kale, and arugula, are truly “super foods” and are delicious not only in salad, but incorporated into main and side dishes, like pasta sauce, soups and chili. Remember, frozen vegetables are easy, economical and just as healthy as fresh.
- Make at least half of the grains whole grain. Whole grains contain fiber and other nutrients to help digestion and overall health. Choose whole grain breads, rice and pasta.
- Vary the protein food choices to balance potential nutrients. Protein is a source of energy that helps the body build and repair itself and is found in both animal and plant foods. Choose lean proteins when possible with foods like lean beef, fish, chicken, turkey, eggs, low-fat dairy, beans, peas, lentils and soy/meat alternatives.

We are grateful to our Prepare and Share a Meal Partners and encourage you to be creative as you think about what to prepare and serve to our youth. We are here to answer your questions and welcome your suggestions!



Meal Ideas

Crispy Yogurt Chicken

Serves 8

INGREDIENTS

1 cup (or more) plain Greek yogurt
2 lbs. chicken legs and thighs (remove skin, bone-in)
Salt to taste
2 cups Panko bread crumbs

DIRECTIONS

Pour yogurt into a mixing bowl.
Sprinkle chicken with salt.
In another bowl, place the bread crumbs.
Spray a baking pan. With a pair of tongs, place the chicken, one piece at a time into the yogurt mixture. Turn it over thoroughly to coat.
Then roll the chicken in the Panko bread crumbs. Cover each piece thoroughly with bread crumbs and place in the baking pan.
Bake in a 350° oven for 1 to 1 ¼ hours. When the chicken is nice and golden, remove from the oven and enjoy!

Easy Crockpot Chicken and Vegetables

Serves 12 (Serving Size: 3oz. of chicken and 1 cup of vegetables)

INGREDIENTS

6 skinless chicken breasts
Garlic powder, to taste
Salt and pepper, to taste
1 large onion, diced
2 cups raw baby carrots
4 stalks of celery, chopped
6 sweet potatoes, each skinned and quartered

DIRECTIONS

Combine all ingredients in 4-5 quart crock-pot
Cover crock-pot and place on low heat for 5-6 hours

Fiesta Quinoa

Serves 8 (side-dish servings)

INGREDIENTS

1 cup quinoa (or can use brown rice)
1 ½ cup water
1 15 oz can low-sodium black beans
(rinsed and drained)
1 15 oz can low-sodium corn
(rinsed and drained)
1 cup cherry tomatoes, halved
¼ medium onion, diced
1 tbs. apple cider vinegar
¼ tsp. paprika

DIRECTIONS

Rinse and drain quinoa under cold running water.
Bring water, quinoa, and paprika to a bowl.
Reduce heat to simmer and add onions.
Cover and cook until all water is absorbed (around 15-20 minutes).
Transfer quinoa to a large bowl and stir in drained corn, tomatoes, black beans and apple cider vinegar.
Mix well before serving.

*****For more meal ideas please visit our website:**

<http://covenanthousega.org/VolunteerOpportunities-147>