

Plymouth's Mission to Help

Plymouth Church attempts to reach those beyond the congregation, in order to touch the "least, last, and lost everywhere." It is the hope the information and recipes in this book will result in others understanding the needs of those who are homeless and hungry.

Dedication

This cookbook is dedicated to Jane Hemminger and Plymouth's Homeless Assistance Team, who are examples of how when a group of people get together to make a difference, and act of care, concern, and love, amazing things can happen.

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Table of Contents

1. What is Homelessness?
2. Homelessness Statistics
3. Homelessness and Hunger
4. What is Hunger?
5. Central Iowa Shelter & Services
6. Location of Central Iowa Shelter & Services (Directions and Map)
7. Serving Dinner at the Shelter
8. Recipes
 - Hamburger Stew
 - Hamburger Noodle Bake
 - Easy Sloppy Joe's
 - Ham and Broccoli Casserole
 - Meat Loaf
 - Rice Dish
 - Baked Pasta
 - Beef Stroganoff
 - Chicken and Vegetable Casserole
 - Au Gratin Potatoes
 - Tater Tot Casserole
 - Hot Ham and Cheese Sandwiches
 - Chili
 - Baked Mega Potatoes
 - Special Treat Smoothies
9. Resources
10. Notes

What is Homelessness?

Homelessness, according to the Department of Housing and Urban Development, includes:

1. A person without fixed, regular, and adequate nighttime Shelter
2. A person whose primary nighttime residence is:
 - A supervised Shelter designed to provide temporary accommodations (such as congregate Shelter or transitional housing)
 - A public or private place not designed for, or ordinarily used as, a regular sleeping place for human beings (such as a car, camper, abandoned building, barn, or street).

According to the National Coalition for the Homeless (NCH), people become homeless because of many things, such as:

- Sudden loss of income
 - Poverty wages
 - Serious illness and lack of affordable health care
 - Shortage of affordable housing
 - Household disasters
 - Domestic violence
 - Alcoholism, drug abuse and / or mental illness
 - Lack of family support
- Lack of homeless prevent resources and public assistance

Homelessness in Central Iowa

According to Iowa Workforce Development (December 19, 2008), Iowa's unemployment rate was 4.3% or 72,300 people. This is an increase from a year ago (2007), when 63,700 people were without jobs, which was a 3.8% unemployment rate. As our nation is in very hard economic times, this rate could become even worse.

The homeless population is largely concentrated in Iowa's most urban counties. Polk County has the largest homeless population in the state, with 6008 Iowans

(1.5% per capita) living in Shelters, transitional housing, on the streets, or in other places not designed for human habitation (2005 Iowa Statewide Homeless Study).

Homelessness and Hunger

There is a direct relationship between homeless and hunger. According to a report from the 2007 U.S. Conference of Mayors on hunger and homelessness:

- The major causes of hunger in the cities surveyed were poverty, unemployment, and high housing costs. The hunger crisis is even worsened by the recent increase in foreclosures, the increased cost of living and the increased cost of food.
- Out of the 23 cities surveyed, 80% reported the requests for emergency food assistance had increased in the past year.

According to the National Student Campaign Against Hunger and Homelessness, money devoted to food is usually the first thing to be sacrificed as families will pay for their rent first. Bread for the World reported that in the first half of 2004, 35% of Americans had to choose between food and rent, while 28% had to choose between medical care and food.

What is Hunger?

The word hunger can mean a lot of things. Hunger is the physical sensation resulting from not having enough food. In the United States, it is more “food insecurity” or a lack of access to enough food to fully meet basic needs due to a lack of money. According to the National Student Campaign Against Hunger and Homelessness, “hunger is the worst-case scenario of food insecurity.” Other statistics are:

- 36 million Americans are at risk of going hungry each year
- 13 million children are food insecure

Central Iowa Shelter & Services

Located in Des Moines, Central Iowa Shelter & Service’s mission is to provide free Shelter to homeless adults, regardless of physical or emotional conditions, and to facilitate their move toward self-sufficiency. Short term goals are to provide and enhance safe emergency housing and meals to meet the immediate survival needs of extremely

low-income persons from throughout Polk County. The agency's long term goal is to provide and enhance resources, programming and assistance to move participants beyond homelessness and poverty toward sustainable independent living. As the largest homeless emergency Shelter in the state, each year the agency provides emergency Shelter and supportive services for about 1,700 adults. On a daily basis, some of the services the Shelter offers are:

- Up to 116 beds nightly (for 68 men and 34 women)
- Two nutritional meals daily
- Lunch to daytime (working) residents
- Clothing and transit assistance
- Shower and laundry facilities

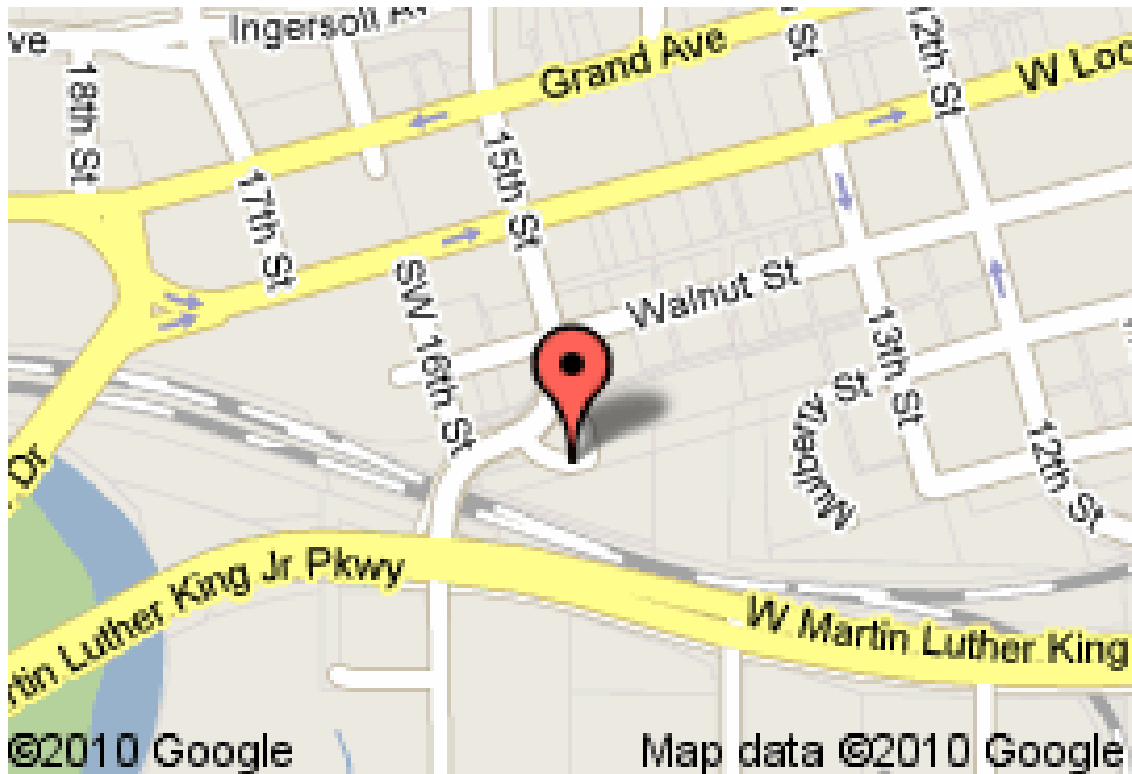
It costs \$13 per day to house a resident, so any and all donations are appreciated.

Location of Shelter

The Shelter is located at 205 – 15th Street in Des Moines (50309). The telephone number is 284-5719. Directions: Go east or west on Locust to 15th Street: turn south. Go south on 15th street, cross Walnut, and go about ½ block to the first turn-off on the left onto Falcon Drive. The Shelter can be seen, which is a newish looking ranch-style building among warehouse-type buildings. Turn back to the east up a slight hill and take the first turn on the right and then follow the gravel road down to the back of the Shelter. Park behind the Shelter on the east side; this is where all food and deliveries need to take place. Ring the doorbell and the kitchen is on the left. Consider Google mapping this, as there is another way to arrive at the Shelter via MLK. As it runs along the south side of downtown, turn north on SW 16th Street. The Shelter can be seen on the right. Turn back to the east up a slight hill and take the first turn on the right and then follow the gravel road down to the back of the Shelter. See map on next page or Google map at:

<http://maps.google.com/maps?hl=en&oq=&um=1&ie=UTF->

[8&q=central+iowa+shelter+and+services&fb=1&gl=us&hq=central+iowa+shelter+and+services&hnear=Des+Moines,+IA&cid=0,0,7523696339306545250&ei=I-iTS-_YLYeMNqqCpUc&sa=X&oi=local_result&ct=image&resnum=1&ved=0CAkQnwIwAA](http://maps.google.com/maps?hl=en&oq=central+iowa+shelter+and+services&fb=1&gl=us&hq=central+iowa+shelter+and+services&hnear=Des+Moines,+IA&cid=0,0,7523696339306545250&ei=I-iTS-_YLYeMNqqCpUc&sa=X&oi=local_result&ct=image&resnum=1&ved=0CAkQnwIwAA)



Serving Dinner at Central Iowa Shelter & Services

The meals at the Shelter are typically supported (financially, preparation, serving, and cleaning up) by volunteers. As providing and preparing a casserole and salad or maid-rites and chips, or pizza and salad (examples of typical meals) is not inexpensive for 120 people, consider doing this with other families. For example, if six families worked together, each would only need to make dinner for 20.

Other Tips Include:

1. When you arrive, introduce yourself to the staff. They are there to help and are happy to answer questions.
2. If you are using the steam tables to serve dinner, turn this on as soon as your arrive. Flip the switch at the right and make sure the dials are turned up. Also, make sure they are filled with water so steam is produced. Don't forget to turn this off at the end of the night. If you need the oven and stove and do not know how to turn on, ask the staff. Again, they are there to help.

3. Coffee is typically already made, but check, just in case. Again, if not made, ask for help.
4. Do not have more than ten people participate, as it gets crowded in the kitchen area and then there is a large group of people with not a lot to do. This might set up the potential for volunteers staring at the residents. Most probably do not care, however, others might.
5. The meal does not and should not be extravagant. Use this recipe book to help you or create your own. There needs to be a couple of items served and not just a main dish. Examples of side dishes might be a vegetable, salad, bread, etc. One other consideration is to make sure there is some protein in the meal.
6. Meals can be prepared one of two ways: At home and then warmed at the Shelter or prepared entirely at the Shelter. Making the meal at home is easy, using large Sam's or Wal-Mart disposable aluminum pans and then transporting them to the Shelter. They can be placed in the oven for quick reheating. Feel free to use the kitchen to prepare the entire meal, if you and your group prefer. Also, check with the Shelter ahead of time because they usually have leftover large disposable tin pans, which other groups have donated and which can be re-used.
7. If several families are involved and dinners are made at home and transported, make sure every family makes the **exact** same thing. Serving different residents different dishes is not recommended.
8. The environment is very safe. The Shelter staff are wonderful and will answer your questions and provide whatever help you might need.
9. This is a great experience and if at all possible, having kids participate can be positive. Participation includes letting them actually serve the meal, with the adults remaining in the background. If it is a group of high-school students who are serving, at least one or two parents or adults need to be present, as it provides awareness of adult supervision to the residents.
- 10.** In addition to the food, which you will be serving, please plan on bringing: paper plates, cups, and "silverware packets" (contains plastic eating utensils

and napkin) and four gallons of 2% milk, which is served to the residents. *See “Grocery List” at the end of this section.*

11. Set up drinks (coffee, water, and milk) at the table right outside of the south door of the kitchen. Do not let diners serve themselves; volunteers pour the beverages. Place coffee in the carafes and water into the pitchers provided in the kitchen. Cream and sugar are available. Pour the milk directly from the carton (with leftovers placed in the refrigerator).
12. Dinner should be served at 6:30 pm promptly, so plan accordingly.
13. The residents line up on the north side of the Shelter and serve in an assembly-line style. We typically provide the packets of plastic ware, napkins, salt, and pepper and have these available at the drink table (so the first server does not have to worry about handing these out and serving the main dish).
14. Typically, a prayer is said prior to serving. A volunteer can provide the meal blessing or volunteers can be requested among the residents.
15. Check with the staff about residents who need to be served (wheelchair bound or other physical disability). These residents typically get served first.
16. Shelter staff are also served this meal.
17. If there is extra, serving “seconds” is acceptable. Announce this when the end of the first line is approaching and you have assessed there is enough for seconds. Also, announce to residents they must re-use their plates.
18. The kitchen sliding door does not close until 7:30 pm, or until food runs out, whichever comes first.
19. If there are “left-overs,” after seconds have been served, be sure to cover with foil (provided at the Shelter) and date and label the contents with a marker. This will be used for lunch in the following day or two.
20. New in 2009 was the Shelter kitchen “clean-up crew.” Staff request volunteers who would be willing to clean up the kitchen. In exchange, these people get to choose the evening video.
21. Make sure to turn off the steam table, ovens, and / or stove before leaving.
22. Do not use the restrooms at the Shelter, as these are for residents. If at all possible, take care of personal needs prior to coming to the Shelter to serve.

Grocery List

Please note, although the meal-specific items are required, the additional groceries are appreciated, if funds allow

- **Meal being served**
- **Meal serving items (for 120):**
 - **Plates**
 - **Styrofoam cups**
 - **Plastic ware (purchasing the pre-packaged fork and knives with napkins, salt and paper are convenient, however they do not include spoons).**
- **10 gallons of milk (six to be served with dinner and four to be used the following day)**
- **Coffee (one large can)**
- **Sugar (five-pound bag)**
- **Peanut Butter (one large jar)**

Recipes

Hamburger Stew

24 pounds potatoes, peeled and diced	7 cans cream of mushroom soup
17 pounds hamburger, browned	6 cans cream of chicken soup
9 pounds of carrots, diced	6 cans cream of celery soup
1 large bunch of celery, diced	Milk (not skim) for desired thickness

Cook potatoes, carrots and celery first until they are firm but not mushy. Add all the rest of the ingredients in roaster pans and mix well. Season with salt and pepper. Heat thoroughly.

*Serving Suggestion: Serve with bread and salad**

*Salad for 120 is 5 large bags (Sam's-size) salad and one gallon of Italian salad dressing. Mix the salad and dressing and serve.

Hamburger Noodle Bake

14 pounds hamburger	1 gallon + 1-32 ounce can whole tomatoes
9 (1 pound) packages of egg noodles	7 cans cream of mushroom soup
6 medium onions, chopped	
1 large bunch of celery, chopped	

Cook noodles to tender. Brown hamburger, onions and celery. Mix in tomatoes and soup. Pour sauce over noodles. Bake 1½ hours at 350 degrees.

Serving Suggestion: Serve with bread

Easy Sloppy Joe's

30 pounds hamburger

120 Kaiser rolls (split)

**1 gallon and 3 quarts (212 ounces) chili
sauce**

3 cups brown sugar

Cook hamburger until browned. Stir in chili sauce and brown sugar. Season with salt and pepper to taste. Cook 2 minutes or until heated through. Spoon onto rolls.

Serving Suggestions: Serve with salad or vegetables and french fries or chips

Ham and Broccoli Casserole

5 boxes chopped frozen broccoli

6 cans cream of chicken soup

5 medium onions, chopped

6 cans cream of celery soup

1 cup butter

3 cups milk (not skim)

7 cups raw rice

5 pounds cooked ham, diced

5 tsp. Worcestershire sauce

**6 pounds shredded American or cheddar
cheese**

Cook broccoli slightly. Saute onions in 1 cup butter. Cook rice according to directions. Mix together Worcestershire sauce, soups, and milk. Add ham and cheese to soup mixture. Mix all ingredients together. Bake at 350 degrees for 1 ½ hours. Farmland makes a whole 5 pound ham for less than \$10.

Serving Suggestion: Serve with salad and bread

Meat Loaf

21 pounds ground beef	5 tsp ginger
5 pounds ground pork	19 cups cracker crumbs
¾ cup + 2 tsp salt	17 cups milk (not skim)
5 tsp pepper	19 eggs

Combine all ingredients well and pack into large loaf pans. Cook at 350 degrees for approximately 60-90 minutes or until done.

Serving Suggestion: Serve with a vegetable and bread

Rice Dish

12 pounds hamburger	24 cups (3 gallons) water
18 cups (2.25 quarts) celery, chopped	1 small bottle soy sauce
3 pounds onions, chopped	5 cans mushrooms, drained
6 cups raw rice	5 packages chow mein noodles
12 cans cream of mushroom soup	

Brown hamburger, celery and onions together. Mix all together and heat thoroughly. Add 5 packages of chow mein noodles 20 or 30 minutes before serving.

Bake Pasta

5 pounds hamburger	4 gallons pasta sauce
Italian seasoning	Two large (5 pound) bags of shredded
18 pounds ziti, cavatelli, or other shell	mozzarella cheese
pasta	

Brown hamburger with Italian seasoning (to taste) and drain. Cook pasta according to package directions. After draining, mix with hamburger and pasta sauce. Place in aluminum pans and top with cheese. Warm in oven (350 degrees) until cheese is melted.

Serving Suggestion: Serve with salad and bread

Beef Stroganoff

15 pounds ground beef	6 cups cold water
3 pounds diced onion	2 cups Worcestershire sauce
2 T. salt	16 oz. tomato paste
1 T. pepper	5 pounds sliced, canned mushrooms
1 ½ gallons beef broth	3 quarts sour cream
1 ½ pounds flour (approximately 6 cups)	

Brown beef and onion. Season with salt and pepper. Add beef broth and heat. Meanwhile combine flour, water, and Worcestershire sauce, stirring until smooth. Add tomato paste and blend. Add flour mixture to meat and stir until thickened. Add mushrooms. Add sour cream, stirring until blended.

Serve over noodles, baked potatoes, or biscuits.

Chicken and Vegetable Casserole

10 pounds diced cooked chicken (can used canned)	10 pounds frozen vegetables (thawed)
18 cans cream of chicken soup, undiluted	Mix
3 quarts sour cream	1 ¾ gallons hot water
	18-8 ounce packages Stove Top Stuffing

Heat oven to 400 degrees. Spray baking pans with non-stick spray.
Combine chicken, soup, sour cream and mixed vegetables. Spread in baking pans.
Combine stuffing and water just until moistened. Spread on top of chicken mixture.
Bake for 30 minutes or until heated through.

Au Gratin Potatoes

5 pounds ham (whole)	20 cups (2.5 quarts) milk (not skim)
20 boxes of Betty Crocker Au Gratin potatoes: <u>Value Size</u>	40 T margarine or butter (2½ cups)
60 cups boiling water (7.5 quarts)	4 pounds shredded cheddar cheese

Make potatoes according to package directions. Dice ham and add to potatoes. Top with cheese. Baking time will need to be adjusted for large pans (approximately 45 – 60 minutes). Farmland makes a whole 5 pound ham for less than \$10.

Serving Suggestion: Fruit and bread

Tater Tot Casserole

25 ½ pounds ground beef **17 (32 ounce) packages frozen potato**
8 ½ cups chopped onions **rounds (tots)**
68 cups frozen mixed vegetables
17 (9 ounce) cans cream of chicken
soup

Preheat oven to 375 degrees. Spray large aluminum pans with cooking spray. Spread hamburger into bottom of pans, covering entire bottom, gently tapping beef down. Sprinkle with diced onions. Layer frozen veggies as next layer. Cover with the soup (straight from the can), carefully spreading with spatula to cover entirely. Layer tater tots on top, covering entire top with tots. Bake for 90 minutes or until hamburger is done. Check after 30 minutes; if tots are getting too brown, turn down to 350 degrees.

Serving Suggestion: Fruit and bread

Hot Ham and Cheese Sandwiches

3 ¾ cups butter, softened **¼ cup + 1 T dill weed**
1 ¾ cups + 2 T prepared horseradish **120 slices cheese (Swiss or American)**
mustard **120 slices cooked ham**
1 ¾ cups + 2 T chopped onions **120 buns**
¼ cup + 1 T poppy seeds

Preheat oven to 250 degrees. Combine butter, mustard, onions, poppy seeds, and dill seed. Spread insides of buns with this mixture. Place a slice of cheese and a slice of ham inside each bun. Wrap in aluminum foil and bake for approximately 20 minutes (or until heated and cheese is melted).

Serving Suggestion: Tomato soup; to serve, use large can, which serves 6, so will need 20 cans. Also, do not forget bowls and spoons.

Chili

7 ¼ pounds dried pinto beans	29 cups canned, peeled and diced
24 pounds ground beef	tomatoes
1/3 cup + 1 T salt	9 2/3 cups tomato paste
1 ¼ pounds chopped onions	1 ½ cups + 2 T chili powder
4 ¾ cloves of garlic, minced	3 T + 1 ¾ tsp ground cumin
	1 ¾ tsp ground black pepper

Wash and sort pinto beans. Bring 3 gallons of water to boil in a 6-gallon pot. Pour in beans, return to a boil and cook 2 minutes. Remove from heat and let stand one hour. Stir in salt and simmer until tender, about 90 minutes. Drain and set aside. Brown beef with onions and garlic over medium-high heat in same pot or enormous skillet. Combine meat mixture, tomatoes, tomato paste, chili powder, cumin, pepper, and cooked beans in 6-gallon pot; stir; cover and simmer for at least 1-2 hours.

Note: This recipe's ingredients were scaled to yield this new amount. The directions above however, still refer to the original recipe, which yields 6-gallons. Will need to adjust how chili is cooked (probably in several batches).

Serving Suggestion: Fresh vegetables, fresh fruit, oyster crackers

Baked Mega Potatoes

120 large baking potatoes	Butter
Shredded cheddar cheese	Chili (see recipe in this book)
Sour cream	

Bake potatoes in aluminum foil. Set out the toppings (and feel free to add any other toppings, which you think would go well with baked potatoes), however volunteers need to top potatoes; do not let diners do this.

Special Treat Smoothies

This is for a special treat at the Shelter. Total ingredients needed for 120 are:

30 frozen bananas	10 cups sugar
30 cups frozen strawberries	Approximately 4-6 gallons whole milk
15 cups of frozen blueberries	

To make four servings at a time, per blender add:

1 frozen banana	¼ cup sugar
1 cup frozen strawberries	Whole milk
½ cup frozen blueberries	

For 3-4 servings put all ingredients into blender. Add whole milk to cover all frozen ingredients and blend well.

A couple of handy hints learned over the years:

- This recipe will keep up fine with the line if you have 2 blenders in action.
- Bring an extension cord. In the past the smoothie operation has been set up at the drink tables, next to the serving window where there are two outlets.
- Peel the bananas ahead of time and put them in the freezer (between layers of wax paper so they don't stick together). If all the fruit is frozen when you make these, they come out thick and cold and delicious.
- Load all your frozen fruit into a cooler and take it to the Shelter so it stays good and cold until you use it.
- Use whole milk – makes a thick and rich smoothie.
- Bring lots of paper towels as mass smoothie production is a little messy (consider lining the table with paper towels before starting).

Resources

- **Central Iowa Shelter & Services**
 - **205 15th Street (on 15th Street between Grand Avenue and MLK See link for Google Map, below)**
 - **Phone: 284-5719**
 - **To sign-up for a date or to find out more information about serving, contact Judy Anderson at 278-0939 or andrsnjudy@mchsi.com**
- **Plymouth Homeless Assistance Team Website**
 - **Website:**
http://plymouthchurch.com/caring/homeless_assistance_team.php
 - **Plymouth Church**
4126 Ingersoll Avenue Des Moines, IA 50312
255-3149
- **Recipe Converters**
<http://www.fruitfromwashington.com/Recipes/scale/recipeconversions.php>
<http://www.thatsmyhome.com/recipes/converter.htm>
- **Google Map:**
http://maps.google.com/maps?hl=en&um=1&ie=UTF-8&cid=0,0,7523696339306545250&fb=1&hq=central+iowa+shelter+and+services&hnear=Des+Moines,+IA&gl=us&daddr=205+15th+Street,+Des+Moines,+IA+50309-3405&geocode=16408189953610526458,41.582471,-93.636164&ei=T-qTS8jcNYv-NdjG5doC&sa=X&oi=local_result&ct=directions-to&resnum=1&ved=0CAsQngIwAA

Notes