



Residential Meal Program

Program Description and Youth Profile: Since 1972 Domus has provided a loving, structured home-like environment for boys who have been removed from their homes for abuse and neglect by the State. In 2015/16, with guidance and direction from Department of Children and Families, the group home became transitional housing for young boys and young men recently released from jail. The boys range in age from 16 to 23, and the typical stay is one year. Domus House serves eight boys and is staffed 24/365. With support from, DCF, the Department of Justice, and other funding partners, Domus provides for many of their needs. We offer a pathway to high school graduation and provide work clothing, suitcases, bedding, towels, and hygiene products. In addition to completing their high school education, the boys attend jobs readiness, resume, cover letter, and mock interview training to help them find, get, and keep a job. Many of the boys earn extra dollars by joining the Domus House Work Crew. The staff remain a willing ear to listen and a shoulder to cry on.

Domus House Home-Style Cooking: The state gives each boy \$50 a week for food—\$7 a day! With that money they need to buy all their necessities including detergent, deodorant, and everything else. Your willingness to purchase and prepare a fully cooked, ready-to-eat meal—in your home or the Lockwood Avenue kitchen—allows staff to focus on one-to-one youth advocacy, offers a tasty alternative, and supplements the food budget. The boys have limited palettes and comfort foods such as ribs, beef stews, lasagna, tacos, or meat loaf with mashed potatoes are greatly enjoyed. We never say no to pasta, but the boys eat a lot of it, so expanding their palettes using another grain/starch is a welcome alternative. The boys don't eat a lot of raw veggies, so be creative with pairings and dressings—and thanks for understanding. And please don't be dissuaded from preparing something that is special to you. The ideal partnership is monthly participation but you may elect to participate periodically or even one time. All support is greatly appreciated!

The meal consists of a protein, carbohydrate/fiber, green vegetables and dessert to feed **ten** hungry people. Because pasta heavy meals and chicken are staples, alternative proteins, grains and starches are encouraged. If you are cooking a pasta dish please add protein to the recipe.

Logistics

- *Monday through Thursday and Sunday. Friday and Saturday are possible if the home cooked meal can be frozen.*
- *Drop off no later than 5:00 pm (drop-off instructions will be provided).*
- *Meals to serve ten men.*
- *Include reheating/serving instructions.*
- *No nuts or nuts on the side (check for other allergies when you sign up).*
- *Include a main course, vegetable (if it's not included in the main course), carbohydrate/fiber, and dessert*
- *We provide utensils, plates, cups and drinks.*
- *Disposable containers only.*

To schedule a meal delivery: Use our easy to access online calendar.

<http://bit.ly/DomusMealProgram> Instructions are in the left hand column and at the end of the document.

Food makes the occasion—

St. Patrick's Day, Chinese New Year, Cinco de Mayo, Super Bowl, Lobster Bake, a Summer Garden Extravaganza, the Best of Sampler, Your Special Sunday Dinner— if you celebrate it so do we!

Birthdays: Staff and boys go out to dinner at a restaurant of the boy's choosing. After dinner they celebrate with a homemade birthday cake at home and a gift worth \$50. (Often it is the first time a boy has ever celebrated his birthday or been to a real restaurant) Gift cards in any amount help defray expenses. Birthday cups, plates and decorations are always welcome. If you would like to prepare something special for a birthday, we'd be happy to provide you birthdates.

Once you have received the guidelines and provided your contact information, you will be introduced to Erica Newton via email. She will help coordinate the food drop off.

Contact Julia Wade about cooking the meal in our Lockwood Avenue kitchen for delivery to the group home. The address will be provided at that time.

Thank you for being part of the Domus family!

Julia Wade / jwade@domuskids.org / cell (203) 249-4110

FAQs

Q Is my donation tax deductible?

A Save your food receipts and then along with the letter we send to your home address, you may deduct those expenses on your tax return.

Q What information do you need from me?

A For our records, we need your home mailing address, preferred phone number and an email address.

Q What time do food volunteers typically drop off the meal and how is it reheated (microwave)? Since it is not consumed immediately after it is prepared, I just want to make sure to apply a proper and safe cooling technique.

A We ask that volunteers drop off food any time before 5 p.m. We have room to refrigerate most items, so if you drop off any time during the day we will make sure the food is kept cool. The food can be reheated. Please attach re-heating instructions to the meal.

Q What kinds of food containers are best?

A Please use disposable containers. If they don't have a lid, you can cover them with foil or plastic wrap.

Q I work long hours during the week and can only cook on the weekend. Is this a problem?

A For Friday and Saturday drop offs, deliver a meal that can be either reheated the next day or frozen. Please drop off before 5:00p. Don't forget to attach re-heating instructions.

Q How does the drop off work? Where is Domus House?

A We will finalize the date and drop off time with you and give you instructions including the address of the house and the contact person.

Q Do I include a dessert? If so, what are typical examples of dessert (fruit rather than ice cream)?

A We often have boys who are allergic to nuts, so any dessert needs to be nut-free or clearly marked. Cakes, cookies, brownies, pies, ice cream, puddings—if you like it so will the boys!

Q Should I supply beverages?

A No.

Q I have quite a few things going on. How do I pick a date?

A Use the Teamup calendar to select a date that works for your schedule.

Cooking in the Lockwood Avenue Kitchen

Q What is the address?

A 83 Lockwood Avenue, Stamford, CT 06902.

Q Who is our contact?

A Julia Wade, Director of Volunteers / jwade@domuskid.org / (203) 249-4110 (email or text is preferred).

Q What's the best time to cook in the Lockwood kitchen?

A Plan are arriving at 2:00p. That will give you time to cook, pack up the food, clean the kitchen and deliver the meals to Domus House by 5:00p.

Q Where do we park at Lockwood?

A The parking lot at 83 Lockwood is small. School will most likely be in session when you arrive so the lot will be full. We're located in a residential area and while you might have to drive around, everyone will find parking. Of course carpooling helps. The person delivering the ingredients should pull up next to the cafeteria door off the parking lot to unload before finding suitable parking.

Q Can we deliver the food in the pans we use to cook in?

A Unless you prepared the meal in a disposable container, everything needs to be transferred to a container that does not need to be returned. Don't forget to include serving instructions.

Q Where do we put the garbage?

A There are garbage cans in the kitchen. At the end of your cleanup you'll dump the bags in the dumpster outside the kitchen door. The floor also needs to be mopped. The mop can be found in the alcove leading to the outside door.

Q Anything we should know about the kitchen?

A Please do not put food down the sinks. It does not have a disposal. Scrape the pans into the garbage first.

Q Who is my contact at Domus House and what is the address?

A You will be provided that information via email as the date approaches. Because the house is their home we want to protect their privacy.

Q Do I need a certificate of insurance

A No, our insurance covers you.

Menu Ideas:

Here are some ideas to get you started. There is no preferred meal. If you enjoy cooking it, the boys will enjoy eating it. Share your menus with me and I will add them to the list.

Desserts simple, but delicious

Cookies
Brownies
Rice Crispy treats
Bundt Cake

One Pot Meal

Spanish rice with onion, garlic, chicken breast pieces, roasted bell pepper, small tomatoes, chicken stock, rice, smoked paprika, cumin, salt and pepper. Olives on the top for a garnish.

Beef and Broccoli (with bamboo shoots, water chestnuts and mushrooms)

Brown rice
Pineapple and orange fruit salad
Fortune cookies

Ole

Fajitas or Tacos with Mexican rice and refried beans with cheddar cheese. Fruit salad & flan

Turkey or Beef Chili

Corn bread with cheese
Green salad
Chocolate cupcakes with a vanilla frosting topped with a strawberry

Lime Ginger Grilled Shrimp (with a yogurt dipping sauce) served over

Brown rice
Roasted carrot
Strawberry shortcake with butter cream frosting

Grilled Polish Sausage (on whole wheat buns)

Sauerkraut
Warm potato salad (yogurt based with chives)
Confectioner dusted cookies

Baked Chicken

Winter roasted vegetables
Spring potatoes with tarragon and chives
Green salad
Rice crispy cupcakes with a vanilla frosting

Turkey Hot Dogs & Other Sausages for Grilling

Coleslaw
Baked beans
Green salad
Watermelon sorbet

Classic Club Sandwich

Pickle spears
Sweet potato fries
Cesar salad

Homemade cupcakes

Eggplant Parmesan

Green salad

Garlic bread

Rice pudding with golden raisins

Mixed-up Meatloaf with Turkey, Pork & Beef

Smashed red potatoes

Spinach salad with strawberries, mushrooms, cranberries, and sliced almonds

Oatmeal cookies with chocolate chips

2 All-beef Meatloaves (Valerie Albarada)

Homemade mashed potatoes

Slow-cooked string beans

2 Pecan pies

Valerie Albarada's

Slow-Cooked Chicken Thigh Dish with rice, salad and dessert

Jose Luis Chicken

3 seasoned and roasted whole chickens, cut in single serving sizes

Homemade smashed potatoes

Baby spinach salad with lots of veggies, dressing and cheese on the side.

Cheesecake

Jan's Lasagna

Two homemade Meat Lasagnas, 3 bags of Portuguese rolls and one stick of butter, 3 bags of mixed lettuce to make a salad and one bottle of dressing. Homemade Brownies

Kate's Shepherd's Pie with Ground Beef and Potatoes

Salad with turkey, almonds & cherry tomatoes. Homemade Brownies/Blondies

Baked Chicken Cutlets with Mozzarella and Marinara Sauce

Roasted broccoli w/garlic and olive oil; salad; homemade Brownies/Blondies

Taco pile-ups by Kathy Spencer-Pike

It's really taco salad, but it's a make your own approach. Homemade chocolate chip cookies

St Francis Summer Sensation

Homemade pulled pork on rolls; homemade potato salad and coleslaw, homemade brownies

Susan's & Nick's Knockout Knosh

Teriyaki Chicken

Garlic mashed potatoes

Glazed carrots

Ross's Teen Tasty Meals

First Evening: Sloppy Joes, coleslaw, rolls, chocolate chip cookies

Second Evening: Lasagna, garlic bread, salad, apple pie

12: Small Group Ministry

Spare ribs in sauce, macaroni and cheese, summer squash creamed casserole, twice-baked potatoes and brownies.

Ann Raffaele and Peter Rocca Rocking the Menu

1. Pork Chops with vinegar peppers
Roasted potatoes
Green Beans
2. Chicken & Dumplings (chicken, potatoes, and many veggies with biscuits on top)
3. Beef Stew
Parsley'd egg noodles
Wedge salad (wedge of iceberg lettuce, tomato, bacon, ranch dressing)
4. BBQ Chicken/Ribs with Rocca's Famous BBQ Sauce
Corn on the Cob
Baked Beans

Chinese Moon Festival Dinner by Hien (September 15, 2016)

Veggie Fried Rice
Black Pepper Beef served with Broccoli
Moon cake for dessert

Colin the College Student

Meal 1. Bowtie Pasta Alfredo with chicken and broccoli
Meal 2. Hamburgers, salad, and green beans sautéed with almonds

Online calendar instructions <http://bit.ly/DomusMealProgram>

Please deliver no later than 4:30 if the meal is meant to be eaten that day.

1. Double click on the date you would like to deliver.
2. Fill in the Title with the meal you will deliver, e.g. beef & broccoli, eggplant parmesan, etc.
3. Enter your name in the Who category
4. Enter additional instructions in the Where category