

SJYM – Meal Team Volunteers

Dear Parents/Volunteers:

Thank you for your willingness to help with providing and serving meals to the youth and volunteers of St. Joseph Youth Ministry (SJYM). All opportunities to donate items for each week or serve/clean-up meals will be posted in the Sign-up Genius groups, one for SJYM Middle School and another for SJYM High School. All donations requested range from \$15-20/week, *usually less*. Below is a list of recommended items to purchase and donate per the requested items each week. This will give you an idea of what we need, what goes over well with the kids/volunteers, and how much items typically cost. We only have a budget to cover the cost of some portions of the meals and supplies needed. Therefore, we still rely on donations each week for food. Please feel free to email, call, or text me with any questions you have about any items.

Thank you,

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SJYM Meal Team Coordinator
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SJYM – Meal Team Notes & Recommendations

Notes/Tips:

- 11 meal nights for MS families to sign-up for donations including the Encounter Family Meal night on 10/25/20.
- 5 meal nights for HS families to sign-up for donations including 1 sign-up on the MS sign-up for the Encounter Family Meal night on 10/25/20.
- Food items are best kept warm/heated with crockpots. We recommend you use crockpot liners such as these to help with clean-up. <https://www.walmart.com/grocery/ip/Reynolds-Kitchens-Premium-Slow-Cooker-Liners-13-x-21-Inch-8-Count/43898505>
- All paper goods, safety, and cleaning supplies, and serving utensils are provided by the church. Most drinks (water bottles) are provided as well.
- Below are meals with suggested items for purchase that help keep us budget friendly and meet the needs of our youth and volunteers.
- Any leftovers such as chips or cookies will be saved for the following week and the requested donations will be adjusted to accommodate and prevent waste the next week.

Hot Dog Meal:

Hot dogs - Bar S Franks Made with Chicken & Pork, 12 Oz./8ct.; **\$.92/pkg.** – usually need 8-10 packages. See sign-up for amounts needed each week.

<https://www.walmart.com/grocery/ip/Bar-S-Franks-Made-with-Chicken-Pork-12-Oz/10290749>

Buns – Great Value Hot Dog Buns, 11 oz, 8 count; **\$.88/pkg.** – usually need 8-10 packages. See sign-up for amounts needed each week.

<https://www.walmart.com/grocery/ip/Great-Value-Hot-Dog-Buns-11-oz-8-count/10450133>

Chips – Assorted chips (50ct. box @ Sam's) **\$12.98 each** – 1-2 boxes depending on number of kids/volunteers; leftovers will be use for an upcoming meal.

https://www.samsclub.com/p/classic-variety-pk-50ct/prod14220234?xid=plp_product_1_2

or

https://www.samsclub.com/p/frito-lay-flavor-mix-variety-pack-50-1-oz/124013?xid=plp_product_1_3

Cheese – Great Value Finely Shredded Fiesta Blend Cheese, 32 oz/ 8 cups; **\$5.34/pkg.**

<https://www.walmart.com/grocery/ip/Great-Value-Finely-Shredded-Fiesta-Blend-Cheese-32-oz/10452468>

Onion – 1-2 diced, white onions

Fruit – 2 lbs. washed, cut/ready to eat fruit. Watermelon, cantaloupe, strawberries, pineapple, apple slices, orange slices, bananas (we can cut into 1/3 pieces to avoid browning) all go over well.

Desserts – 2 dozen servings per sign-up. See recommended desserts below.

Sausage, Beans, Rice Meal:

Sausage & Beans – 2 link sausages (we use Slovacek's) cut into fourth-sized pieces added to crockpot of beans while they cook all day. 1.5 lbs. dry pinto beans: wash and soak overnight. Add to 6qt. crockpot, cover with water to about 2/3 full, add ½ onion diced, 1 (15oz.) can diced tomatoes (Italian or HEB Chipotle both go great), 2-3 cloves minced garlic, 2-3 tablespoons beef bouillon (optional, but highly recommended), salt and pepper to taste. Cook on low for 8-10 hours until beans are tender.

Approximate cost: **\$13-15**

Instant white rice – Great Value Instant White Rice, 28 oz/bx **\$2.44/box** – Cook this whole box of rice following directions on box. Keep warm in 6-8 qt. crockpot. This box should fill crockpot completely, may have some leftover.

<https://www.walmart.com/grocery/ip/Great-Value-Instant-White-Rice-28-oz/10804528>

Cornbread – 3 Boxes Jiffy Corn Muffin Mix, 8.5 Oz.; **\$0.53/box** – 3 boxes will make a full 9x13 pan of cornbread that can be cut into 24 servings.

Fruit – 2 lbs. washed, cut/ready to eat fruit. Watermelon, cantaloupe, strawberries, pineapple, apple slices, orange slices, bananas (we can cut into 1/3 pieces to avoid browning) all go over well.

Desserts – 2 dozen servings per sign-up. See recommended desserts below.

Chili Frito Pie Meal:

Chili – Homemade or canned, either goes over well. 1 (6-8qt.) crockpot of chili with or without beans. 13 (15oz.) cans of Wolf brand chili with beans will usually fill a 6-8 qt. crockpot. Add a little water to thin and make it go further. Approximate cost: **\$15-20**

<https://www.walmart.com/grocery/ip/WOLF-BRAND-Chili-With-Beans-15-oz/10294770>

Corn chips – Great Value Corn Chips, 10 Oz. **\$0.82/bag** – Usually 8-10 bags needed. See sign-up for amounts needed each week.

<https://www.walmart.com/grocery/ip/Great-Value-Corn-Chips-10-Oz/44901222>

Cheese – Great Value Finely Shredded Fiesta Blend Cheese, 32 oz/ 8 cups; **\$5.34/pkg.**

<https://www.walmart.com/grocery/ip/Great-Value-Finely-Shredded-Fiesta-Blend-Cheese-32-oz/10452468>

Onion – 1-2 diced, white onions

Sour cream – 1 (24oz) container **\$2.00**

Fruit – 2 lbs. washed, cut/ready to eat fruit. Watermelon, cantaloupe, strawberries, pineapple, apple slices, orange slices, bananas (we can cut into 1/3 pieces to avoid browning) all go over well.

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Sandwich Meal:

Sandwiches – Walmart sub sandwiches cut into servings. Includes lettuce, tomatoes, pickles, onion, condiment packets. Comes in 2ft. sandwiches. 4 – 2ft. sandwiches feeds about 40-50. **\$50-80** (likely paid for by church.)

Another sandwich option is Hawaiian roll sliders with assorted ham, turkey, and cheese. Make some with and without cheese. The kids love these. Sam's has King's Hawaiian Original Dinner Rolls (32pk) for **\$5.98/pk.** Kids generally eat 2-3 each. Plus the cost of lunch meat and cheese.

https://www.samsclub.com/p/kings-hawaiian-original-dinner-roll-32ct/prod22275051?xid=plp_product_1_2

Chips – Assorted chips (50ct. box @ Sam's) **\$12.98 each** – 1-2 boxes depending on number of kids/volunteers; leftovers will be use for an upcoming meal.

https://www.samsclub.com/p/classic-variety-pk-50ct/prod14220234?xid=plp_product_1_2

or

https://www.samsclub.com/p/frito-lay-flavor-mix-variety-pack-50-1-oz/124013?xid=plp_product_1_3

Fruit – 2 lbs. washed, cut/ready to eat fruit. Watermelon, cantaloupe, strawberries, pineapple, apple slices, orange slices, bananas (we can cut into 1/3 pieces to avoid browning) all go over well.

Desserts – 2 dozen servings per sign-up. See recommended desserts below.

Pizza Meal:

Pizza – Typically takes about 16 large pizzas to feed 50 kids/volunteers. Generally, get 10 large pepperoni and 6 large cheese pizzas. **\$5.99-7.99** per large pizza. See sign-up for amounts needed each week. For HS meals on Tuesday nights, it's \$1 pepperoni rolls at Double Dave's on Boonville. Order 1 dozen per sign-up. **\$12**

Salad – Yes, kids love to eat salad and it goes over well with those with food allergies. Tossed mixed salad, tomatoes, cucumbers, cheese. Ranch and Italian dressings. These salads from Sam's go over well when mixed together. 1 tub spring mix (\$3.98) + 1 (2lbs.) bag garden salad (\$1.98) Total cost: **\$10-12**
https://www.samsclub.com/p/organic-spring-mix-1-lb/165150?xid=plp_product_1_4
https://www.samsclub.com/p/tossed-salad-2lb/prod7250393?xid=plp_product_1_5

Fruit – 2 lbs. washed, cut/ready to eat fruit. Watermelon, cantaloupe, strawberries, pineapple, apple slices, orange slices, bananas (we can cut into 1/3 pieces to avoid browning) all go over well.

Desserts – 2 dozen servings per sign-up. See recommended desserts below.

Spaghetti Meal:

Spaghetti – Typically takes about 2-3 large crockpots of spaghetti with meat sauce to feed 50 kids/volunteers. 2lbs. dry spaghetti noodles + 2lbs ground meat + sauce = 6-8qt crockpot. Total per crockpot about **\$10-12**

Garlic bread – Walmart has Everything French Bread, 14 oz **\$1.00/loaf** or plain French Bread, 14 oz **\$1.00/loaf**. Generally, 3 everything and 2 plain is plenty.

Salad – Yes, kids love to eat salad and it goes over well with those with food allergies. Tossed mixed salad, tomatoes, cucumbers, cheese. Ranch and Italian dressings. These salads from Sam's go over well when mixed together. 1 tub spring mix (\$3.98) + 1 (2lbs.) bag garden salad (\$1.98) Total cost: **\$10-12**
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https://www.samsclub.com/p/tossed-salad-2lb/prod7250393?xid=plp_product_1_5

Desserts – 2 dozen servings per sign-up. See recommended desserts below.

Desserts:

Cookies – Homemade or store bought are both great. Please bring at least 2 dozen per sign-up opening. This tray from Sam's usually takes care of the entire desserts for the evening and goes over very well with everyone. 84 ct. **\$19.98**
https://www.samsclub.com/p/cookie-tray-84-count/prod9050104?xid=plp_product_1_29

Brownies – Homemade or store bought are both great. Please bring at least 2 dozen per sign-up opening. These from Sam's go over very well with everyone. 48 ct. **\$6.98**
https://www.samsclub.com/p/mini-brownie-bites-uppercrust-48-ct/prod24631970?xid=plp_product_1_1

Cake - Homemade or store bought are both great. Please bring at least 2 dozen per sign-up opening. A 9x13 pan of box cake mix can easily be cut into 24 servings. Cake mix + tub of frosting = **\$2.50-3.00**.

Rice Crispy Treats - Homemade or store bought are both great. Please bring at least 2 dozen per sign-up opening. A 9x13 pan of homemade treats can easily be cut into 24 servings. Approximate cost **\$3.00**

Encounter Family Meal:

Chicken Tenders – Typically these are donated or sold at discounted price. 150 tenders generally are enough for kids, family and volunteers. Comes with rolls/biscuits and gravy.

Mashed Potatoes – Idaho Spuds Classic Mashed Potatoes, 26.7 oz box **\$2.50** – Cook this whole box of potatoes following directions on box. Keep warm in 6-8 qt. crockpot. This box should fill crockpot completely, may have some leftover. You can also make potatoes from scratch, but these are easy and cost effective. 2 crockpots is usually enough.

<https://www.walmart.com/grocery/ip/Idaho-Spuds-Classic-Mashed-Potatoes-26-7-oz/21476101>

Green Beans - H-E-B Select Ingredients Cut Green Beans (frozen) 80oz bag, **\$6.06** – This bag should fill a 6-8qt. crockpot. Usually 2 crockpots are sufficient.

Sweet Corn - H-E-B Select Ingredients Super Sweet Corn (frozen) 80oz/5lbs. bag, **\$5.03** – This bag should fill a 6-8qt. crockpot. Usually 2 crockpots are sufficient.

Desserts – 2 dozen servings per sign-up. See recommended desserts.

We appreciate anything you are willing to donate and try with our kids/volunteers. THANK YOU!