



Information about bringing food for the Peace Circle

To sign up on line, go to Unity Church website: tab: Service and Learning tab: Volunteer Corner.
Recommended password: Circle2015, so we all won't forget!

Restorative and Racial Justice Outreach Ministry team has seen the joy and healing that comes out of the Peace Circle and the wisdom in their Community and Leadership. The Monday Circle meets every Monday year round, except major holidays. Restorative Justice asked the Circle Leadership what help they needed. The response was: support for food.

How it works:

You can sign up for one or more parts of each meal. For the main dish consider asking a friend to cook with you to make it more fun or ask a group you are in to do the whole meal.

- Someone from the organizing team will call you before your first volunteer session.
- Look for a reminder e-mail from Sign Up Genius about 3 days in advance but mark your own calendars.
- Mark all food "**Circle**" and leave it in the cooler on the cooler shelf marked "Circle"
- Please make sure the food is there the day of Circle by 4:30 p.m. (Unity Church Unitarian, 733 Portland Ave, St Paul. Parking and entry to kitchen is on the east/Holly Ave side of the Church.)
- You may drop off food earlier, even the day ahead, if it will still be fresh
- You can prepare food in the kitchen and use kitchen pans or prepare at home. Please **contact Unity** if you plan to use the kitchen as the kitchen sometimes has other groups cooking.
- Mark your container with your name. It will be rinsed and left in the volunteer coordinators office
- **You may get reimbursed**: save your receipt and put it in Lisa's mailbox with your name, address and phone number.

Terri, Ellen, Ray, Bao or Sarah will be there at 4:30 to plate and assemble the food (put dressing on salad, add bananas to fruit salad or heat main dish) on Unity kitchen ware.

If you have questions or concerns contact: Ellen Green at 651-224-1403 or ebgedit@qwest.net or Terri McNeil at 612-787-6786 tmcneil003@yahoo.com

Food Ideas:

- **Main dish**: No pork. Fully cooked and warm by 5pm on the day of circle. If you will deliver it on Sunday please let Terri or Ellen know how long it needs re-heating.
 - Ready to serve meat for 40: pot roast, chicken, meatloaf + potatoes, rice or sweet potatoes.
Example: Meatloaf:
 - 8 lbs hamburger, 6 eggs, 2 cups quick oats, 2 onions chopped fine, 1/4c dried parsley. Pepper. Mix well. Spread catsup on top and sprinkle 1 lg bag shredded cheddar cheese on top.
 - Peel, cut up and boil 5 pounds of potatoes. Drain and toss with butter and parsley.

- 5 family packs of chicken legs.
 - Marinade: Use your own favorite marinade as long as it's not too spicy. Ideas: Mix 1 bottle soy sauce with ½ c water, 2 TBL garlic powder, 2 tsp black pepper and 2 TBL of sugar or simply use 2 bottles Italian Dressing
 - Put the chicken legs in zip locks, pour the marinade over them and kneed the bag. Refrigerate for 1 hour to overnight. Spray Pam or lightly oil baking pans. Drain marinade and bake at 400 for 45mn to 1 hour
 - Rice: Cook 5 lbs of Balsamic Rice per package directions. When its cooking, brown 3 onions and 2 packages shredded carrots. When the rice is done, mix together with 1 tsp black pepper and 2 tsp salt.
- Your favorite Lasagna recipe. NO PORK and it can be vegetarian
- In general we do not encourage casseroles, they are likely to contain foods some members will not eat. If you have a casserole idea contact Ellen or Terri

- **Green Salad:** Do not dress, bring 1 small bottle of your favorite dressing or homemade dressing
 - 4 bags of any type of salad with 2-3 other items:
 - 1 bunch green onions cut up or ½ large red onion diced
 - 3 green, red or yellow peppers cut up bite sized
 - 1 bag shredded carrots (most grocery stores carry them)
 - Cauliflower and/or broccoli florets, cut up to bite size
 - Tomatoes cut up in bite size pieces
 - Your favorite salad ingredients
- **Fresh Fruit:** 2-4 varieties of seasonal fruit below. (aprox 4 lbs of fruit) in any combination. Wash, drain, cut up.
 - Take red or green grapes off the stem and cut in half
 - Cut up melon in bite sizes
 - Applies, cut up and put in a bag with orange slices and their juice so they will not brown
 - Bananas can be brought whole and will be cut up before serving
 - Strawberries- take out the stem and cut in bite sizes
 - Berries can just be washed
 - Oranges, peel and cut
 - Pineapple- cut into bite size portions
- **Bread:** 2 loaves and 1 stick butter
- **Sweet:** a small portion which does not have to be homemade. Ideas:
 - 40 pieces of bite size candy
 - 30 mini cupcakes
 - 40 mini cookies
 - Small sized portions of any of your favorite treats.