

## Hosting a SBR Love Feast

Thank you for your interest in “hosting” a SBR Love Feast! We are appreciative of your desire to partner with our hospitality outreach in this way.

The Love Feasts are held as a way to invite our neighbors into community and relationship. Our neighbors are often underprivileged, drug-addicted, and/or homeless. In addition to our neighbors, many friends from our churches, nearby colleges, and family members may attend. It is an all-ages party! You should know that we have about 50 – 100 people come through each week for the Love Feast, which adds up to a lot of food! Therefore, we recommend that you assemble a small group of people to cooperate on this venture. You may consider joining forces with your small group, office, or friends to split up the duties and costs of food preparation.

Believing that food has the power to restore and heal minds and bodies, the Stockbridge Boiler Room desires to provide nourishing, healthful food for its friends and neighbors. Toward that end, the following are *suggested guidelines* for Love Feasts.

The feast should include:

1. *[Homemade food items are a special treat for many who may not often get fresh, real food. However, we know you're busy and this is not a requirement, just an added blessing! 😊]*
2. One to two protein sources. E.g., chicken, beef, fish. This could come in the form of a one-pot stew/soup, items for grilling, roast, sandwiches, etc.
  - a. Note: there are vegetarians among us, so a vegetarian protein source such a tofu, veggie burgers, eggs, or bean dishes are appreciated, but not necessary
3. One to two side dishes, which should feature vegetables and/or fruits
4. A leafy green salad (baby spinach, mixed baby greens or romaine) with dressings (one of which is a vinaigrette).
5. Whole grain bread or rolls and/or a whole grain (e.g., rice, quinoa)
6. Desserts such as brownies, cakes, and cookies are always enjoyed. Fruit salads are also a good, healthful option for dessert.
7. The SBR will provide non-soda beverages (coffee, water)
8. The SBR will provide dishes, silverware, napkins, and cups

The feast should preferably NOT include:

1. Alcoholic beverages (absolutely not)
2. Anything with high fructose corn syrup and hydrogenated oils (trans fat) in the ingredient list (the latter has been banned in European countries and NYC for its injurious effects on human health)
3. Artificial sweeteners (e.g., Splenda, sucralose, NutraSweet, aspartame)

Please contact our resident holistic health counselor and meal coordinator with any questions or for further guidance. Her name is Charla and she can be reached at [charbroiled\\_03@hotmail.com](mailto:charbroiled_03@hotmail.com) OR 616.460.2629.