



Thanksgiving Meal Kit Drive Fact Sheet

For Thanksgiving this year, adopt a Recovery Residence, or sober living home, and gift groceries to a community of 10+ men or women so they can prepare a meal together!



You donate groceries for Thanksgiving sides – everything but the turkey!

Men and women living in a supportive community prepare & enjoy a Thanksgiving meal.

Last year 270 of the 800 clients served at ECS Central East Regional Recovery Center (CERRC) were unhoused when they started the program. ECS placed them in Recovery Residence group homes so they could work on their recovery in a safe and supportive environment.

This is a great opportunity for individuals, families, churches, or other groups to bless ECS clients and their housemates!

1. **Sign up** with ECS to provide a Meal Kit for 10 people, 20 people, etc. at a specific Recovery Residence.
2. **Shop** for the ingredients to make Thanksgiving sides. (See Shopping List below.)
3. **Deliver Kits** to your assigned Recovery Residence during the week of Nov. 23rd. (Confirm date with Deann.)

We appreciate your care for our neighbors working hard to rebuild their lives!

**For more information or to sign up, please contact Deann Rios
at 619-694-9892 or drrios@ecscalifornia.org.**

Thanksgiving Sides Shopping List

Important Note: Confirm the # of people you are shopping for with Deann. Each Meal Kit is geared to feed approximately 10 people, so this means bread for 10, green beans for 10, corn for 10, etc. Once you know the exact number of people living in the home you are assigned to, you will know if you should shop for 12 instead of 10, etc. And if you are signed up for 2 Meal Kits, you will need to shop accordingly.

- Bread - dinner rolls, cornbread, or biscuits
- Green beans – fresh or frozen
- Corn - fresh or frozen
- Potatoes (to make mashed potatoes) - 5 lbs. for 10 people, etc.
- Yams or sweet potatoes (to make sweet potato dish) – approx. 5 lbs for 10 people, etc.
- Turkey gravy - canned or boxed
- Stuffing or dressing mix – boxed, etc.
- Chicken broth (for the stuffing and/or turkey gravy)
- Cranberry sauce
- Non-alcoholic drinks – coffee, tea, etc. are options
- Dessert – 2 pre-made pumpkin or other seasonal pies for 10 people (or 1 Costco pumpkin pie)
- Thanksgiving paper goods – a themed table cloth, napkins and paper plates
- \$25 Wal-Mart gift card for extra ingredients
- Thanksgiving card from your family or group
- Optional: flowers or other simple Thanksgiving décor (i.e. leaves, pumpkins, gourds, etc.)
- Optional: consider throwing in a copy of a favorite Thanksgiving recipe for stuffing, mashed potatoes, etc.

Hearing from ECS CERRC clients - Victor and Nancy are two clients ECS has placed in recovery residence homes. Listen as they share about their experience with ECS CERRC here:

Victor - <https://youtu.be/Lx12M8biiSg>; **Nancy** - <https://www.youtube.com/watch?v=kXIn0uSBsII>

Notes about terms used in the videos which may not be familiar:

- TAY = Transitional Age Youth. We have a program within CERRC for young adults ages 16-25.
- Out-patient aftercare** = optional continued support for clients who have completed CERRC recovery program
- Obama phones** = a widely used, misleading nickname of a 28-year-old federal program which provides discounts on phone service for low-income subscribers
- AOD counselor** = Alcohol and Other Drug counselor

Thank you again for you support!!!