

American Cancer Society

Hope Lodge



Dinners of Hope

Recipe Ideas and Guidance for Volunteers





Are you or your organization looking for a way to give back to the community?

You can make a real difference by hosting a Meal of Hope at the Hope Lodge!

American Cancer Society Hope Lodges provide free lodging for cancer patients and their caregivers, creating an environment that eases both the stress of the cancer journey and the financial challenges of receiving cancer treatment. The Hope Lodge offers many programs and evening activities that allow our guests to unwind, laugh and enjoy new-found friendships.

We need your support to help make the Hope Lodge a true “home away from home” for our guests. One of our main activities is our Meal of Hope Program where all of our Hope Lodge guests enjoy a meal together. During house meals, guests meet others in the lodge and form lasting friendships, as well as receive emotional support from others going through the cancer experience.

This booklet provides guidance and recipe ideas to help ensure that you and the Hope Lodge guests have a rewarding experience. Additionally, we have provided some “Frequently Asked Questions” about the Hope Lodge if you want to learn more about our mission.

We sincerely appreciate your willingness to provide Hope Lodge guests with a time to share, fellowship and hope over good food!



Guidance

When can I provide a meal?

Our goal is to offer our guests house dinners at least five days a week. You can help us reach our goal by volunteering to provide breakfast, lunch or dinner any day of the week (Sunday-Monday). Breakfast is served from 8 AM–10 AM and lunch from 11 AM–1 PM. All dinner meals begin at 6 PM.

We also invite your group to eat with our guests; they love it when they get to meet the chefs!

How do I sign up? What if I need to cancel?

If you would like to volunteer to provide dinner or have any questions about the dinner program, please contact us at 404-327-9200. We will be happy to work with your schedule, but be sure to call ahead and reserve the date you want today.

If you need to cancel for whatever reason, please do so at least a week in advance. You can call 404-327-9200 and leave a message with any volunteer or leave a voicemail message for the manager.

How many people should the meals serve and what should I plan to bring?

- Each dinner should serve 60 to 70 people.
- Breakfast, lunch and **any weekend meal** should serve 30 to 40 people.
- Breakfast can include, but is not limited to, these items: fruit juices, water, coffee, tea, fruit, pancakes, French toast, Danish rolls, bagels, eggs, and sausage.
- Dinners should also include all courses – a main entrée, side dishes, dessert and beverages such as tea (sweetened and unsweetened), fruit juices, milk, lemonade, soda, etc. Please bring plastic cups, plates, and utensils as well.
- Dinners can be prepared on site, delivered and/or catered.

Is there any guidance around what type of food I should or should not prepare?



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Some of our guests will be experiencing side effects of their cancer treatment that may cause eating problems. Cancer and its treatment may cause side effects such as changes in a person's sense of taste and smell, a sore mouth or a sore throat, loss of appetite, or nausea to name a few. To ensure that the guests can safely eat the dinners provided, we ask that you follow a few guidelines.

- There are a few dietary restrictions depending on who is staying at the lodge. Generally, soft and mildly spiced foods tend to be the most popular.
- If you prepare a spicy dish, please have a non-spicy version. Some of our guests have very sensitive stomachs, so a blander version of the same thing will help them enjoy the meal.
- If bringing seafood, please make a meat and a meatless dish to serve as well. Some people are allergic to seafood.
- If you are serving acidic foods (lemon, tomatoes, etc.), please offer another option. For example, if you would like to make spaghetti with tomato sauce, please offer an Alfredo sauce as another option.
- Please have a healthy version of the dessert, such as mixed fruit along with cake or cookies.
- Please have at least one vegetarian dish with your meal, so that those who do not eat meat or do not like the type of meat provided have another option.
- Leftovers are welcomed! Leftovers are a wonderful lunch treat for the next day!

What are the food safety considerations at the lodge?

Cleanliness is very important! Please remember that many of our guests have weak immune systems and it is very important to be extra careful when preparing meals.

- Wash your hands with warm soapy water before and after preparing food and before eating.



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- Please wear gloves while preparing food (gloves are provided by the Lodge).
- Red meats should be cooked to 165° F and poultry should be cooked to a 180° F.
- Wash fruits and vegetables thoroughly under running water before peeling or cutting.
- Put perishable foods in the refrigerator within two hours of serving. Egg, cream or mayonnaise-based foods should not be left unrefrigerated for more than an hour.
- Please use different utensils for stirring foods and tasting them while cooking.

What kind of cooking equipment is available for use?

The Atlanta Hope Lodge is equipped with eight full kitchens, eight stoves, twelve ovens, several sets of refrigerators and eight microwaves. We have all of the serving dishes and utensils that you will need. If possible, please bring plastic or paper products for serving the meal.

What about clean-up?

We would really appreciate it if your volunteer group could help us clean up after dinner!

- All dirty dishes should be placed in the dishwasher. If it is full, please put soap powder in it and turn it on.
- All uneaten food should be placed in containers and labeled with day's date and marked "free." Some containers are available in the kitchen.
- Counters should be wiped down with Lysol spray and trash taken out to the cans behind the Hope Lodge.

Are there any other special considerations?

- Anyone under 16 is not allowed inside the building due to the low immune systems of our guests.



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- Please ensure that **ALL** visitors wear gloves when preparing and/or serving the food.

Where do I park?

- Due to limited parking spaces at Hope Lodge, we request that all dinner volunteers carpool and park on the lower level at the Emory-Starvine Parking Deck located at 1949 Starvine Way. After you unload your vehicle and park, please call our shuttle number, **404.556.5704**, and we'll pick you up!

Here are Some Easy and Delicious Meal Ideas:

- Italian Night. Spaghetti, lasagna, salad, garlic bread, drinks, and dessert. Remember to have an alternative to tomato sauce.
- Taco Night. Ground beef, ground turkey, lettuce, tomatoes, cheese, salsa, sour cream, guacamole, olives, hard and soft taco shells, dessert, and drinks.
- Cook-Out. Hamburgers, Turkey Burgers, Chicken, Hotdogs, potato salad, salad, fruit, baked beans, desserts, corn, and drinks. We have two grills for you to use.
- Casserole Night. Have everyone in your group cook their favorite casserole. You might even be able to make one for dessert!
- Breakfast for Dinner. Pancakes, sausage, bacon, hash browns, fruit, eggs, French toast, omelets, biscuits, dessert, and drinks.
- Pizza Night. Order from your favorite pizza parlor and watch our guests devour it!
- Soup Night. Make lots of different types of soups, bread, salad, desserts, and drinks.
- Potato Bar. Lots of baked potatoes, cheese, broccoli, bacon bits, cut up chicken, chives, onions, lettuce, tomato, butter, sour cream, desserts, and drinks.



Recipe Ideas

Southwest Chicken Serves 45-50

Ingredients:

8 pounds chicken or ground turkey
6 Tbsp cumin
6 Tbsp chili powder
2 Tbsp salt
1/2 - 2/3 cup oil
6-7 diced Onion
8 cloves garlic
6 pounds diced canned tomatoes
2 cups salsa
6-8 pounds kidney beans
12 cups brown rice (fast cooking)
20-24 oz. cheese (optional) (Monterey Jack)
4 cups sour cream
4-6 bags tortilla chips

Brown diced chicken/or ground turkey with cumin, chili powder, salt, oil, onion and garlic. Boil the brown rice. Add tomatoes, beans, salsa, and rice to the meat mixture. Stir and cook over low heat until liquid all absorbed.

Garnish with cheese and sour cream and serve with tortilla chips.



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Recipe Ideas

Beef Stroganoff and Rice casserole
Serves 40-45 people

Ingredients:

- 8-9 pounds good quality lean ground beef
- 8 cloves garlic- minced
- 4 chopped/minced onions (medium/large)
- 6-8 tsp salt
- 1-2 tsp black pepper
- 3- 4 pounds fresh mushrooms
- 2 cups water
- 8 cans of cream of chicken soup
- 6-8 cups of sour cream
- 9 cups regular rice, cooked in salted water (can be brown or mixed)

Brown meat, along with garlic and onion. Drain fat if needed. Season with salt & pepper.

Add mushrooms and cook briefly. Distribute meat mixture among three large rectangular baking dishes. Add soup and water. Stir well. Add sour cream and stir well. Distribute cooked rice evenly among the baking dishes and mix meat mixture and rice. If the mixture seems too dry, add additional water. Check for seasoning.

Cover baking pans with aluminum foil and place in a preheated oven (350-375) until heated thoroughly, 40-50 minutes.

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Recipe Ideas

Herbed Chicken and Rice
Serves 40-45

Ingredients:

12 pounds chicken breast halves
8 ounces butter
8 -12 cups chicken broth
3-6 tsps salt to taste
1 tsp pepper
12 tbsp cut chives
12 tbsp chopped parsley
6 tsp leaf thyme (or 1/2 tsp dried thyme)
6 tsp rosemary leaves (or 1/2 tsp dried rosemary)
2 cups heavy sweet cream
6-8 tbsp cornstarch dissolved in 1 cup cold water
1 cup toasted slivered almonds
3.5 - 4 pounds of dry/uncooked rice

De-bone chicken and cut into small pieces. Brown chicken in butter in large skillet. Add chicken broth and herbs, cover, and lower heat to simmer for 20-25 minutes or until chicken is tender. Distribute chicken among 3 large baking dishes. Add cream to liquid, bring to a slow boil. Slowly add the cornstarch mixture while stirring constantly with a wire whip. Cook for 3-5 minutes.

Meanwhile cook rice according to directions on the box. When done distribute cooked rice among the large baking dishes.

Pour sauce over the chicken and rice. Mix well and sprinkle with the toasted almonds. Cover with foil.

Bake in preheated 350 degree oven until heated through. (30-45 minutes)



Recipe Ideas

Chicken or Turkey Tetrazzini
Serves 45-50

Ingredients:

Spaghetti (broken up)
4 pounds spaghetti (broken up)
2 cups (1 lb) butter or margarine
4 cups flour
20 cups (5 qts) chicken broth
8 cups (2 qts) light cream
2 cups sherry
8 tsp salt
1 tsp pepper
8 cups mushrooms
2 cups green pepper
16 cups diced cooked turkey/chicken
3-4 cups parmesan cheese

Cook spaghetti in salted water till just tender; drain. In another pan, melt butter, blend in flour, then stir in broth, then add cream. Cook until thickened. Add wine, salt, pepper.

Distribute spaghetti into baking pans, distribute turkey, green pepper, mushrooms and cooked sauce. Stir carefully. Sprinkle top with parmesan cheese. Bake at 3500 F for 40 - 60 minutes. May cover top with aluminum foil if desired.



Recipe Ideas

Stuffed Greek Chicken Breasts
Serves 45-50

Ingredients:

12 (10-ounce) package of frozen chopped spinach, thawed and drained
3 c. feta cheese
Grated zest of 12 lemons
16 tbsp Greek seasoning (blend of onion, garlic, spearmint, & oregano)
Salt and freshly ground black pepper
48 (4oz) boneless, skinless chicken breasts
12 tbsp canola oil

Preheat oven to 350 degrees. In a bowl combine spinach, feta, and lemon zest. On a meat-cutting board, using a paring knife, cut a pocket in the side of the thickest part of the breast, a bit more than halfway through the width and length of the breast, making sure to not poke all the way through the meat.

Stuff the breast with spinach mixture, closing the opening with a toothpick or wooden skewer to close the flap. Lightly coat chicken with Greek seasoning and sprinkle with salt and pepper.

Place chicken in an oiled ovenproof skillet, on top of the stove under medium heat. Cook for 3-5 minutes per side.

Transfer ovenproof skillet from on top of the stove to in the oven. Bake in a preheated 350 degree oven for 10-12 minutes, or until cooked thoroughly.



American Cancer Society Hope Lodge Frequently Asked Questions

What is the mission of the American Cancer Society Hope Lodge?

The Hope Lodge is a tangible reflection of the American Cancer Society's commitment to improving the quality of life for cancer patients and their loved ones. Hope Lodges are a "home away from home" made available at no cost to patients undergoing active outpatient treatment for cancer.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

How did Hope Lodges start?

The first Hope Lodge opened in Charleston, S.C. in 1970. The concept came from Margot Freudenberg, who saw a similar facility while traveling through Australia and New Zealand with President Eisenhower's People to People Ambassador Program. Margot, now 100, is the longest-serving Society volunteer in the nation, and still advises the Hope Lodge program. Margot's concept has inspired the development of more than 25 additional Hope Lodges located near major medical centers throughout the country.

How much does it cost?

Staying at Hope Lodge does not cost anything.

Who can stay at Hope Lodge?

Hope Lodge is available for adults receiving outpatient cancer treatment who live more than 40 miles away from their treatment center. Their treatment must require a three-day or longer stay in that area. Patients must be able to care for themselves, and are allowed one adult guest to stay with them in their room.

How long can people stay?

As long as you are receiving treatment, you are welcome to remain at the Lodge as our guests. Residents may remain at the Hope Lodge for an additional 24 hours following their last cancer treatment.

How can I help?



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Each Hope Lodge relies on the donations and volunteer support of the individual community where it is. To find out more about these opportunities, contact your local Hope Lodge.

Some examples of these opportunities include:

Meal Donations

By cooking or bringing a meal, patients and caregivers can come together to share food and fellowship with the volunteers. Some organizations prefer to drop off pre-cooked meals, while others enjoy coming to cook in our kitchen and dine with our guests. The choice is yours!

Hope Lodge Donations

We have an ongoing need for lots of household items (like white towels, sheets, bathmats, shower curtains, soap, calling cards, etc.). Monetary donations are tax deductible and always welcome. No gift is too big, or too small! Ask your Hope Lodge for their most recent needs.

Registration/ Administrative Volunteers

Regular weekly volunteers are needed to help answer phones, check-in guests, and answer any questions about the local area. Please call to find out if one of our open time slots will work for your schedule.

Spring (or Fall/Winter/Summer) Clean-up

We welcome groups with an interest in cleaning and detailing our charming Hope Lodge. We provide the supplies!