

# COMMUNITY DINNER RESOURCE GUIDE



**HEALTHY KIDS**  
**THUNDER BAY**



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# Introduction

This guide is a tool for building engaged and nourishing community dinners.

## What is a Community Dinner?

A community dinner is an event that gathers people from a certain area, provides them with a meal and everyone eats together as a community. These events are often free and occasionally include a fun or educational activity.

## Purpose of a Community Dinner

- 1 Foster a sense of community by increasing connection and involvement
- 2 Reduce hunger and improve food security
- 3 Provide education and learning opportunities
- 4 Model delicious and nutritious foods
- 5 Provide a springboard for complementary programs that increase food literacy (i.e. community kitchens, nutrition education workshops etc.)

## Why this Guide?

This guide was created as a resource to help plan and organize community dinners. It provides information regarding:

- Recipe inspiration for different sized groups
- Equipment lists
- Costing
- Nutrition & healthy eating tips

Finding recipes that work well for large groups of people is difficult! This guide outlines a few general meal ideas and provides several recipes scaled to different size groups to use for inspiration.

# Definitions

## Food Security

Means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences, and dietary needs for an active and healthy life. This includes foods that are culturally appropriate and that are obtained in a way that maintains dignity (World Food Summit, 1996).

## Food Insecurity

Exists within a household when one or more members do not have access to the variety or quantity of food that they need due to lack of money (ODPH, Position Statement on Food Insecurity, 2018).

## Food Sovereignty

Is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems (Food Secure Canada, n.d).

## Dignified Food Access

Dignified food access means providing quality food choices in a respectful way in welcoming places. It also includes advocacy at various levels to fight the root causes of food insecurity. The principles of respect and trust, care and empathy, and non-judgmental support come together to make the experience of food access more dignified for our community members (Roots to Harvest, 2021).

## Food Access Programs

Food access programs provide a source of healthy food for people who need it. They prioritize offering fresh and nutritious food in a dignified space, and connecting people to other supports and resources they might need.

## Food Literacy

Food literacy is a set of interconnected attributes organized into the categories of food and nutrition knowledge, skills, self-efficacy/confidence, food decisions, and other ecologic (external) factors such as income security, and the food system (ODPH, 2018). Programs to increase skills around these areas are often referred to as food skills or food literacy programs.







# Our Food Philosophy

**Food has power** – to inspire, to nurture, to build health and to fulfill social and cultural needs while providing the opportunity to create a sense of belonging by bringing people together.

**Food should be offered in a dignified way** – providing dignified food access means providing quality food choices in a respectful way in welcoming places. It also includes advocacy at various levels to fight the root causes of food insecurity which is poverty.

For more information about **Dignified Food Access**

## We do our best to:

**Provide good quality food** – this means food that is safe, fresh, nutrient rich and culturally appropriate. Meals are cooked mostly from scratch and focus on minimally processed foods, with an emphasis on providing a variety of vegetables and fruit, whole grains, plant based and other lean proteins and offered to members of the neighbourhoods at no cost on a regular basis. We encourage experimentation of new foods and aim to provide adequate time to eat and enjoy a pleasant eating environment.

**Water first** - we provide water for beverages at programs and emphasize decreasing sugar sweetened beverage intake.

**Involve community members** in planning and preparing meals – we use the Asset Based Community Development method to involve participants from the neighbourhoods in planning and preparing meals. We consider the food we serve and aim to incorporate foods from community food cupboards or food banks to ensure accessibility for participants.

**Increase self-efficacy and confidence** of neighbourhood participants related to healthy eating and food literacy





# Planning a Community Dinner

## WHO?

There are several factors to consider when deciding who will be at your community dinner:

- Is there a specific group of individuals that you want to attend your event?
- How will you reach out to them and let them know about your dinner?
- Are there any supports in the community that can help you plan and run your event?

## WHEN AND WHERE?

Choosing a Space:

- Is it big enough for the number of people you want to have?
- Are there enough tables and chairs? Is there a cooking area that you can use?
- Is this a good, comfortable, accessible gathering space for your audience?
- Make sure to consider who will be responsible for setting up for the dinner and who will clean up afterwards.
- Equity considerations:
  - Is the location accessible to those who would benefit the most from your event?
  - Is the time convenient for those who would benefit the most from your event?
- Make sure to give your participants lots of time to mark the event on their calendars. It is recommended to give them around four weeks' notice.

## HOW?

Prepare a timeline to stay organized. The key to preparing large-scale meals is preparation!

Example:

- **4 weeks prior:** Send out initial invitations to community members you wish to attend
- **2 weeks prior:** Finalize the menu based on community input.
- **1 week prior:** Do outreach to community members to remind them of the dinner.
- **The week of:** Grocery shop for the meal. Find helpers to make, serve and clean up the meal.

\*Have participants pre-register to help you plan how much food to make.

## PLAN TO INVOLVE PARTICIPANTS

Community dinners provide an opportunity to do things *WITH* people and not just *FOR* people. Try to find ways to involve your attendees in the event such as the planning, cooking, and serving of the meal.

Are there activities that you could plan that would help to engage your audience and create a sense of community?

# Promoting Healthy Eating at Community Dinners

*Community dinners are an opportunity to promote health through providing nutritious foods and teaching participants about healthy eating habits.*

## A Note on Canada's Food Guide:

Canada's Food Guide recommends eating plenty of vegetables and fruits, whole grain foods, and protein. Some highlighted healthy habits include making half your plate vegetables/fruit, choosing foods with healthy fats such as unsaturated fats, choosing protein foods that come from plants more often, limiting highly processed foods and making water your drink of choice.

You may notice some recipes do not follow the Canada's Food Guide 'half your plate' method. You can use this to spark conversation and inspiration about healthy eating and incorporating fruits and vegetables into meals. One example is to talk about how healthy eating is not an 'all or nothing' approach but focuses more on small changes over time and finding a balance.

Eating well is not about what we eat, but about how we eat. Canada's food guide recognizes this and promotes eating together as a group in a designated eating space. Enjoying healthy foods with family, friends, neighbors, or co-workers is a great way to connect and add enjoyment to your meals. While eating with others you can enjoy quality time together, share culinary traditions across generations and cultures, and explore new healthy foods that you might not normally try. Planning a healthy community dinner is about not only the food you provide, but also the environment you create.

## Putting it into Practice:

- Choose low sodium or salt-free canned goods when possible.
- Try to include dark green vegetables where possible!
- Frozen fruit and vegetables are just as nutritious as fresh and are often less expensive.
- Choosing whole grains such as brown rice and whole-wheat pasta can add vitamins, fibre and a nuttier flavour to your recipes.
- Make water your drink of choice
- Try using plant protein instead of meat or dairy occasionally. Keep in mind that it does not need to be all or nothing, try using plant protein in one of the recipes below and see what you think!





# Promoting Healthy Eating at Community Dinners

## A Note on Desserts:

Desserts often serve the purpose of an additional (often-sweet) food item served after the main meal that signifies the completion of the meal; desserts are also served at celebrations and large events as part of the festivities. However, these energy-dense nutrient poor foods frequently can have negative health effects.

Keep in mind; it is crucial to refrain from categorizing foods as good or bad. The important thing to remember is moderation and that all foods can fit into a healthy diet. However, it is also important to reflect on the concept of dessert and why we often feel it is necessary to offer it.

For the purpose of serving food in large group settings, it would be ideal if the majority of community dinners do not include a traditional, sweet dessert. Instead, aim to serve a more nutritionally dense snack or “dessert” after or during the meal. This is less about taking away desserts and more about maximizing resources to provide as many healthy foods as possible. Using this model, desserts can be saved for special occasions and celebrations (e.g. a couple of times a year) instead of making them the norm.

Food as celebration: Is there another way to celebrate? Special occasions can be fun, festive, and healthy; it just takes a little planning! For example, use music, arts and crafts, games, stories, and songs to create excitement for your guests in place of regularly offering dessert.




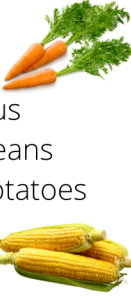

# Cooking & Serving Tips

*When planning a meal for a large crowd it can be difficult to know where to start. This section is meant to provide you with tips and tricks to make the process a little bit easier.*

## Considerations for scaling up a recipe:

1. **Spices and Seasonings:** Altering the spices and seasonings in a recipe can be difficult and it is not always as simple as doubling the recipe. You will notice that in the recipes that certain spices are adjusted differently, for this reason we recommend starting with less and tasting each time you adjust the seasonings.
2. **Butter and Oil:** There is no need to double the amount of fat used for sautéing or browning.
3. **Cookware size:** If you're doubling the recipe, use a pan/pot that will hold double the volume or two original size pans/pots. You may even need to split the recipe in half and use two multiple pots/pans in order to make larger quantities.
4. **Temperature:** Stick with the cooking temperatures in the recipe. Watch closely for signs of doneness and/or cook the food until it registers the internal temperature the recipe recommends by checking it with a thermometer.
5. **Time:** The cooking time can change when you scale a recipe up or down. Use it as a guideline only and check often for signs of doneness, such as appearance and texture. For recipes scaled up, start checking at the original recommended cooking time and keep a close eye on the food thereafter.

## Serving Tips:

Ingredients for you to mix and match!		
Roasts	Vegetables	Starches
<ul style="list-style-type: none"><li>• Roast pork</li><li>• Roast chicken</li><li>• Roast beef</li><li>• Roast lamb</li></ul> 	<ul style="list-style-type: none"><li>• Carrots</li><li>• Broccoli</li><li>• Asparagus</li><li>• Green beans</li><li>• Sweet Potatoes</li><li>• Corn</li><li>• Squash</li></ul> 	<ul style="list-style-type: none"><li>• Brown Rice</li><li>• Rice pilaf</li><li>• Mashed potatoes</li><li>• Roasted baby potatoes</li><li>• Multigrain bun or biscuit</li></ul> 

### How much vegetable per person?

Canada's food guide recommends that half your plate be vegetables so one serving would be ~1 cup.





# Master Recipes

There are six categories of meals that work well for serving large groups of people;

- 1) Soups and Stews
- 2) Pasta Dishes
- 3) Roasts
- 4) Side Dishes
- 5) Sandwiches, Salads, & Bowls
- 6) Dressings and Sauces



# Soups & Stews

## How much soup per person?

There's no hard and fast rule, but a safe way to estimate would be to have ~2 cups (500mL) of soup per person, if you are feeding children and adults, aim for ~1.5 cups (375mL) of soup per person.

## Remember

If you are including uncooked grains (e.g rice) in your soup, they have the tendency to absorb some of the liquids while they cook. It is always a good idea to purchase extra broth just in-case your starch absorbs too much of it! If you do not have extra broth handy, you can always use water and make up for the flavor by adding extra spices. About 1 cup of extra broth/water for every 1 cup of grains is a good start.

Ingredients	Examples	25 servings	50 servings	75 servings	100 servings
Vegetable 1: Chopped	Carrots Onions Celery Mushrooms	12 cups total (3L)	24 cups total (6L) i.e., 8 carrots 4 onions 2 large celery heads	36 cups total (9L)	48 cups total (12L)
Vegetable 2: Chopped	Peppers Zucchini	3 cups total (750mL)	6 cups total (1.5L)	9 cups total (2.25L)	12 cups total (3L)
Vegetable 3: Frozen	Spinach Peas	3 cups total (750mL)	6 cups total (1.5L)	9 cups total (2.25L)	12 cups total (3L)
Base*	Broth (chicken, beef, vegetable)	8 L (32 cups)	15 L (60 cups)	22 L (88 cups)	29 L (116 cups)
	Tomato: Canned & diced	4L broth 4L tomato 5 x 28oz cans	7.5L broth 7.5L tomato (9 x 28 oz cans)	11L broth 11L tomato (13 x 28 oz cans)	14.5L broth 14.5L tomato 17 x 28 oz cans)
	Cream/Milk	7L broth 1L cream)	13L broth 2L cream	19L broth 3L cream	25L broth 4L cream
Protein: Meat or tofu, cut into ½ inch cubes	Chicken Beef Fish Tofu Lentils Beans	2 kg (4.5 lbs, 13.5 cups)	4kg (9 lbs, 27 cups) 12 x 540mL cans	6kg (13 lbs, 40.5 cups)	8kg (17.5 lbs, 54 cups)
<b>AND/OR</b>					
Drained and rinsed legumes		8 x 540mL cans (4.0L)	16 x 540mL cans (6.0L)	20 x 540mL cans (8.0L)	25 x 540mL cans (10.0L)
Starch:  Root vegetable	Potato Sweet potato	4 cups (4 large potatoes)	8 cups (8 large potatoes)	12 cups (8 large potatoes)	16 cups (16 large potatoes)
	Uncooked: Rice Noodles Barley Quinoa	2.5 cups	5 cups	7.5 cups	10 cups
<b>OR</b>					
Grain					

1. Heat large pot with 2-4tbsp oil over medium high heat.
2. Add in the vegetables that will take the longest to cook (vegetable 1) and sauté for 8-10 minutes until tender.
3. Add base and spices, stir to combine.
4. Add in protein and sauté.
5. Bring mixture to a boil and then reduce heat to simmer. Simmer for 20 minutes.
6. Add additional vegetables that will not take a long time to cook (vegetables 2).
7. Add in starch.
8. Let simmer for as long as it takes to fully cook your starch (about 15-20 minutes).
9. Add in any final vegetables that do not take a long time to cook (vegetable 3) and simmer for 5 minutes.

Additional: you can add as much or as little spice and flavor, as you like!

Examples: Bay leaf, thyme, salt and pepper, basil, oregano, parsley.

\*if adding garlic, add ~4 cloves for 50 servings. (or reduce/increase proportionately). Add it after Step 2, when vegetable 1 has cooked for 8-10 minutes. Stir for 1-2 more minutes. Then proceed with Step 3.

# Pasta Dishes



Ingredients	Examples	25 servings	50 servings	75 servings	100 servings
Vegetable 1: Chopped	Onion Carrot Broccoli Mushrooms Artichoke	12 cups total (3L)	25 cups total (6.25L)	35 cups total (8.7L)	45 cups total (11.2L)
Vegetable 2: Chopped	Tomato Pepper	3 cups total (750mL)	5 cups total (1.25L)	7.5 cups total (1.8L)	10 cups total (2.5L)
Vegetable 3: Frozen, thawed, and drained.	Spinach Peas Corn	3 cups total (750mL)	5 cups total (1.25L)	7.5 cups total (1.8L)	10 cups total (2.5L)
Protein: Ground / diced  <b>AND/OR</b>  Drained and rinsed legumes	Chicken Beef Pork Tofu – (cubed, and roasted in the oven first makes it yummiier!)	2 kg (4.5 lbs, 13.5 cups)	4kg (9 lbs, 27 cups)	6kg (13 lbs, 40.5 cups)	8kg (17.5 lbs, 54 cups)
	Beans Lentils	8 x 540mL cans (4.0L)	12 x 540mL cans (6.0L)	16 x 540mL cans (8.0L)	20 x 540mL cans (10.0L)
Sauce Base  OR  OR	Marinara Sauce *See recipe on next page	3.5L (14 cups)	6.5L (26 cups)	9.5L (38 cups)	12.5L (50 cups)
	Milk/Cream	10 cups heavy cream	20 cups heavy cream	30 cups heavy cream	40 cups heavy cream
	Oil	2 tbsp	2 tbsp	2 tbsp	2 tbsp
Pasta: Uncooked	Any noodle of your choosing	2.27kg (5 lbs)	4.54kg (10lbs)	6.8kg (15 lbs)	9.07kg (20 lbs)

You can add as much or as little spices, additions, and flavors as you like!

Guide: Start with 1 tbsp of dried herbs per 25 servings and add more if needed.

Extra examples: cheese, salt and pepper, oregano, basil, crushed red pepper flakes, spinach.

## **Sauce:**

1. Heat large pot with olive oil over medium high heat
2. Add in the vegetables that will take the longest to cook (vegetable 1) and sauté for 8-10 minutes until tender
3. Add in additional vegetables that won't take as long to cook (vegetable #2) and sauté for 2-3 minutes
4. Remove vegetables from pot and set aside for now
5. Cook the meat in large pots, breaking it up in pieces until no pink is showing. Then add spices and sauce. If using legumes you can skip this step and add it right with the sauce.
6. Add sautéed vegetables back into pot with sauce and protein and add any additional vegetables (vegetable 3). Cook for 2-3 minutes on medium heat.

## **Pasta:**

1. Bring a large pot of water to a boil.
2. Add uncooked noodles to boiling water.
3. Allow noodles to boil until tender.
4. Combine noodles with sauce and serve.



## Master Recipe: Marinara Sauce - based on 1/2 cup servings

Ingredients	25 servings	50 servings	75 servings	100 servings
Medium yellow onions, diced	2.5 cups 3 onions	5 cups 6 onions	7.5 cups 9 onions	10 cups 12 onions
Olive Oil	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Garlic cloves, minced	5 cloves	10 cloves	15 cloves	20 cloves
Crushed tomatoes	4 cans (28 ounces each)	8 cans (28 ounces each)	12 cans (28 ounces each)	16 cans (28 ounces each)
Diced tomatoes	1 can (28 ounces each)	8 cans (28 ounces each)	12 cans (28 ounces each)	16 cans (28 ounces each)
Parsley, dried	2 tbsp	1/4 cup	1/3 cup	1/3 cup
Basil, dried	2 tbsp	1/4 cup	1/3 cup	1/3 cup
Oregano, dried	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp	3 tbsp	4 tbsp

1. In a large pot, sauté onions in olive oil until tender.
2. Add garlic; sauté for 2 minutes or until fragrant.
3. Add crushed tomatoes, diced tomatoes and herbs and bring sauce to a boil.
4. Reduce heat and simmer, uncovered, for 1 hour or until sauce reaches desired consistency - stirring occasionally. If sauce becomes too thick add a couple tablespoons of water.
5. Use as directed in recipe.
6. Sauce can be kept in the fridge for up to four days, or in the freezer for up to 3 months.



# Roasts



## Master Recipe: Roast Chicken

Ingredients	25 servings	50 servings	75 servings	100 servings
Whole chickens	6 chickens (25lbs total)	12 chickens (50lbs total)	18 chickens (75lbs total)	24 chickens (100lbs total)
Vegetable Oil	15 tbsp	30 tbsp	45 tbsp	60 tbsp

Salt and pepper to taste.

1. Place a large sheet pan on a low rack in the oven and heat the oven to 450°F.
2. Rub the chickens with oil and sprinkle with salt and pepper. When the oven and sheet pan are hot, put the chicken on the pan, breast side up and roast for 15 minutes.
3. Turn the oven temperature down to 350°F. Continue to roast until the bird is golden brown and an instant-read thermometer reads 165°F. About 1 hour 15 minutes more.
4. Tip the pan to let the juices flow from the chicken's cavity into the pan.
5. Transfer the chickens to a platter and let it rest for at least 10 minutes, carve and serve.

## Master Recipe: Roast Beef

Ingredients	25 servings	50 servings	75 servings	100 servings
Round Roast	12lb 3 x 4lb cut	24lb 6 x 4lb cut	36lb 9 x 4lb cut	48lb 12 x 4lb cut
Olive Oil	½ cup (125mL)	1 cup (250mL)	1.5 cups (375mL)	2 cups (500mL)
Garlic, minced	6 cloves	12 cloves	18 cloves	24 cloves
Rosemary, chopped	3 tbsp (45mL)	6 tbsp (90mL)	9 tbsp (135mL)	12 tbsp (180mL)
Thyme, chopped	3 tbsp (45mL)	6 tbsp (90mL)	9 tbsp (135mL)	12 tbsp (180mL)
Salt	2 tbsp (30mL)	4 tbsp (60 mL)	6 tbsp (90mL)	8 tbsp (120mL)
Pepper	1 tbsp (15mL)	2 tbsp (30mL)	3 tbsp (45mL)	4 tbsp (60mL)

There is no single cut of beef that is necessary to make roast beef.

Some common cuts include:

Top round roast, top sirloin roast, bottom round roast, eye of round roast.

1. Preheat oven to 450°F.
2. In a small bowl, combine oil, garlic, rosemary, thyme, salt, and pepper.
3. Rub mixture all over roast.
4. Place roast in roasting pan fitted with a roasting rack. Roast for 15 minutes, then reduce heat to 325°F and roast 1 hours 45 minutes more for medium, or 2 hours for medium well done.
5. Remove from oven and let rest 15 to 30 minutes before serving.





# Side Dishes

## Master Recipe: Roasted Carrots

Ingredients	25 servings	50 servings	75 servings	100 servings
Carrots, washed (purchased weight)	15 lbs	30 lbs	45 lbs	60 lbs
Olive Oil	½ cup (125mL)	1 cup (250mL)	1.5 cups (375mL)	2 cups (500mL)
Salt	4 tsp	8 tsp	12 tsp	16 tsp
Pepper	1 tsp	2 tsp	3 tsp	4 tsp

Additional Spices Examples:

- Parsley
- Thyme
- Paprika
- Italian seasoning
- Montreal steak spice

\*Tip: this recipe can be used for other vegetables such as beets, green beans, and peppers - you just may have to adjust the cook time!

1. Wash, peel and cut carrots into ~2-3 inch pieces.
2. Toss carrots with olive oil, salt, and pepper and any other spice of your choice.
3. Place carrots on a pan and roast at 425°F for 25-30 minutes.

## Master Recipe: Roasted Broccoli with Parmesan

Ingredients	25 servings	50 servings	75 servings	100 servings
Broccoli	8 heads (25 cups)	16 heads (50 cups)	24 heads (75 cups)	32 heads (100 cups)
Olive Oil	1 cup (250mL)	2 cups (500mL)	3 cups (750mL)	4 cups (1L)
Lemon juice	1/3 cup (80mL)	2/3 cup (160mL)	1 cup (250mL)	1 1/3 cup (330mL)
Salt	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60 mL)
Garlic, minced	6 cloves	12 cloves	18 cloves	24 cloves
Pepper	1 tbsp (15mL)	2 tbsp (30mL)	3 tbsp (45mL)	4 tbsp (60mL)
Parmesan cheese	1 cup (250mL)	2 cups (500mL)	3 cups (750mL)	4 cups (1L)

1. Preheat the oven to 425°F.
  2. Toss the broccoli and garlic with olive oil, lemon juice and salt.
  3. Arrange the florets in a single layer on baking sheets (make sure not to overcrowd the pan).
  4. Roast at 425°F for 16-20 minutes until cooked and lightly browned.
  5. Toss with parmesan and black pepper and serve.
- \*If you prefer you can do this on the stove by cooking the broccoli in a small amount of water (steaming) for 5-7 minutes, transfer to a frying pan and toss the garlic and parmesan in and warm through before serving.



# Side Dishes



## Master Recipe: Rice - The oven method

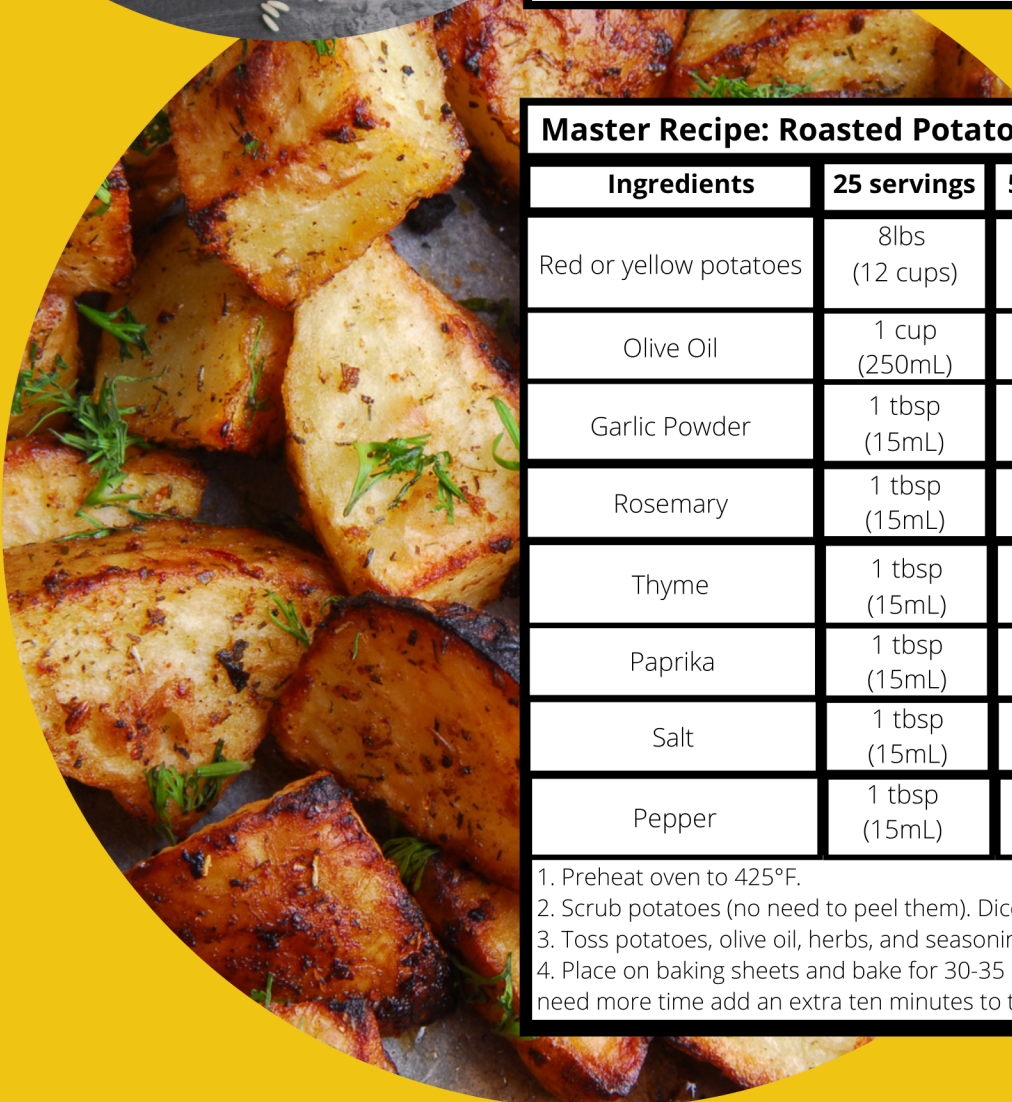
Ingredients	25 servings	50 servings	75 servings	100 servings
Long grain, white/brown rice	1.5 quarts (6 cups)	3 quarts (12 cups)	4.5 quarts (18 cups)	6 quarts (24 cups)
Water	2.5 quarts (10 cups)	5 quarts (20 cups)	7.5 quarts (30 cups)	9 quarts (40 cups)
Salt	1.5 tbsp	3 tbsp	4.5 tbsp	6 tbsp

1. Preheat the oven to 350°F.
2. Place uncooked rice in a large roasting pan (lightly sprayed with cooking spray) and set aside.
3. In a large stockpot, combine water and salt. Bring to a rolling boil.
4. Pour boiling water over rice and stir so rice is even along the bottom.
5. Immediately cover tightly with aluminum foil.
6. Place the pan in the oven and bake for 40-45 minutes or until the rice is tender. If after 45 minutes the rice is still al dente, cover and cook for 10 minutes more at a time.
7. Fluff with a large wooden spoon & serve.

## Master Recipe: Roasted Potatoes

Ingredients	25 servings	50 servings	75 servings	100 servings
Red or yellow potatoes	8lbs (12 cups)	16lbs (24 cups)	24lbs (36 cups)	32lbs (48 cups)
Olive Oil	1 cup (250mL)	2 cups (500mL)	3 cups (750mL)	4 cups (1L)
Garlic Powder	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60 mL)
Rosemary	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60 mL)
Thyme	1 tbsp (15mL)	2 tbsp (30mL)	3 tbsp (45mL)	4 tbsp (60mL)
Paprika	1 tbsp (15mL)	2 tbsp (30mL)	3 tbsp (45mL)	4 tbsp (60mL)
Salt	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60 mL)
Pepper	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60 mL)

1. Preheat oven to 425°F.
2. Scrub potatoes (no need to peel them). Dice into 1" cubes.
3. Toss potatoes, olive oil, herbs, and seasonings.
4. Place on baking sheets and bake for 30-35 minutes until browned and tender. If they need more time add an extra ten minutes to the timer!



# Sandwiches

## SANDWICHES

Sandwiches are an easy, efficient meal item to plan to make for a large group of people. However, the assembly of the sandwiches can be time consuming so ensure you give yourself enough time to assemble each sandwich. One way to save time could be to prepare the contents of the sandwiches the day before, store them in the refrigerator, and assemble them the day they are to be served. This could be a good opportunity to involve the community in the preparation process!

## SANDWICHES IDEAS:

Sandwiches tend to use cold cuts, however there are lots of other less processed, delicious options (see list below for ideas). If you are making sandwiches with cold cuts, try to purchase nitrate free where possible.

- Tuna salad
- Egg salad
- Chicken salad
- Roasted chicken or turkey and cheese
- Hot beef sandwich
- Sloppy joes
- Falafel or chick pea salad sandwiches

## PORTION SIZES:

- Bread/Buns → Two slices per person \*choose whole grains where possible!
- Filling → Typically about 75g of meat per serving or the amount that size of a deck of cards. About ½ cup of tuna, egg, or chicken salad per serving. Using ice cream scoops can help to portion out the filling and make it consistent.
- Cheese → One slice per person – choosing non-processed cheese slices is recommended
- Vegetables – add lettuce for crunch (romaine and iceberg are both great options)





# Salads

Below is a guide to help you create your own meal sized salads (~3 cups per person).

Ingredients	Examples	25 servings	50 servings	75 servings	100 servings
Greens: Washed	Romaine	8 heads (50 cups)	16lbs (24 cups)	24lbs (36 cups)	32lbs (48 cups)
	Arugula Spinach Green Mix	2.5kg (50 cups) 8 x 312g box	5.0kg (100 cups) 16 x 312g box	7.5kg (150 cups) 24 x 312g box	9kg (200 cups) 32 x 312g box
Vegetables: Chopped  Choose as many as you like!	Onion Carrot Tomato Pepper Cucumber Avocado	12 cups total (3L)	24 cups total (6L)	36 cups total (9L)	48 cups total (12L)
*Protein: Cooked and cubed  <b>AND/OR</b>  Drained and rinsed	Chicken Beef Tofu Cheese	1.3 kg (3 lbs, 9 cups)	2.7kg (6 lbs, 18 cups)	4.0kg (9 lbs, 27 cups)	5.4 kg (12 lbs, 36 cups)
	Lentils Beans Chickpeas	4 x 540 mL cans  (2.0L)	8 x 540mL cans  (4.0L)	12 x 540mL cans  (6.0L)	16 x 540mL cans  (8.0L)
Starch: Cooked (optional)	Rice Quinoa Sweet potato Noodles	10 cups	20 cups	30 cups	40 cups
Dressing	Ranch Greek Italian Balsamic	1 L (4 cups)	2 L (8 cups)	3 L (12 cups)	4 L (16 cups)

1. Wash and cut salad greens.
  2. Wash and cut vegetables.
  3. Combine greens, vegetables, protein in a large bowl and toss.
  4. Choose any additions that you wish to add.
- Examples: cheese, bean sprouts, seeds and nuts, cranberries.

TIP: Do not dress the salad before it is served, instead allow your guests to dress their own salads. This ensures that the salad will not get wilted in the dressing.

\*you can have more than one protein in a salad i.e., chicken and black beans.

**TIP:**  
if you are  
serving salads  
as a side dish,  
cut this recipe  
in half and  
serve ~1.5 cup  
portions





# Salad Dressings

## Master Recipe: Balsamic Vinaigrette Dressing

Ingredients	25 meal salad servings	50 meal salad servings	75 meal salad servings	100 meal salad servings
Balsamic Vinegar	2 cups (500mL)	4 cups (1L)	6 cups (1.5L)	8 cups (2L)
Olive Oil	2 cups (500mL)	4 cups (1L)	6 cups (1.5L)	8 cups (2L)
Whole Grain Mustard	4 tsp	8 tsp	12 tsp	16 tsp

Salt & Pepper to taste.

1. Place all ingredients in a container with a tight-fitting lid (a mason jar works great).
2. Shake vigorously for 30 seconds until mixed.
3. Serve!

## Master Recipe: Italian Dressing

Ingredients	25 meal salad servings	50 meal salad servings	75 meal salad servings	100 meal salad servings
Red/White Wine Vinegar	1 cup (250mL)	2 cups (500mL)	3 cups (750mL)	4 cups (1L)
Olive Oil	2 cups (500mL)	4 cups (1L)	6 cups (1.5L)	8 cups (2L)
Garlic Powder	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60mL)
Dried Oregano	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60mL)
Dried Basil	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60mL)
Onion Powder	1 tsp (5mL)	2 tsp (10mL)	3 tsp (15mL)	4 tsp (20mL)
Crushed Red Pepper	1 tsp (5mL)	2 tsp (10mL)	3 tsp (15mL)	4 tsp (20mL)
Lemon Juice	1 tbsp (15mL)	2 tbsp (30 mL)	3 tbsp (45mL)	4 tbsp (60mL)

Salt & Pepper to taste.

1. Place all ingredients in a container with a tight-fitting lid (a mason jar works great).
2. Shake vigorously for 30 seconds until mixed.
3. Serve!

# Bowls

Another option is a buffet style meal that allows guests to create their own “power bowl”. A power bowl is a meal that consists of a protein, a starch and several vegetables tossed in a sauce of your choosing! This meal is easy to prepare, has lots of nutritionally dense foods, and as a bonus; provides your guests with some choice.

Below is a guide to help you to create your own power bowl.

Ingredients	Examples	25 servings	50 servings	75 servings	100 servings
Starch: Uncooked  OR	Rice Quinoa	8 cups	16 cups	24 cups	32 cups
	Noodles (udon, vermicelli, etc.)	12.5 cups	25 cups	37.5 cups	50 cups
Vegetables: Chopped  Choose as many as you like!	Onion (carmelized) Carrot Celery Cucumber Tomato Pepper Corn Peas Broccoli Sweet Potato Beets	12 cups total (3L)	24 cups total (6L)	36 cups total (9L)	48 cups total (12L)
Greens	Spinach Greens Mix Arugula Romaine	25 cups	50 cups	75 cups	100 cups
Meat/Tofu: Cooked and cubed	Chicken Beef Tofu	1.3 kg (3 lbs, 9 cups)	2.7kg (6 lbs, 18 cups)	4.0kg (9 lbs, 27 cups)	5.4 kg (12 lbs, 36 cups)
Legumes: Drained & rinsed	Lentils Chickpeas Beans Edamame	3 x 540mL cans (1.5L)	6 x 540mL cans (3L)	9 x 540mL cans (4.5L)	12 x 540mL cans (6L)
Sauce	Tzatziki Hummus BBQ Teriyaki Tahini Vinaigrette Peanut sauce Sesame Ginger dressing	1 L (4 cups)	2 L (8 cups)	3 L (12 cups)	4 L (16 cups)

You can include  
as many  
additional  
toppings as you  
like!

Examples: Feta  
cheese, bean  
sprouts, peanuts,  
sesame seeds,  
sunflower seeds.

This meal can be served warm or cold! With cooked or raw vegetables.  
Simply lay out as many ingredients as you want and everyone can create their own meal.  
Cook starch according to package directions.

TIP: This meal works great with leftovers!

The bowl should consist of three cups total for instance it could look like;

- 1 cup grain,
- 1 cup greens
- ½ cup vegetables
- ½ cup protein, and 2- 3 tbsp of sauce



# Sauces



## Master Recipe: Creamy Tahini Sauce

Ingredients	25	50	75	100
Garlic, minced	5 cloves	10 cloves	15 cloves	20 cloves
Lemon juice	1 cup (250mL)	2 cups (500mL)	3 cups (750mL)	4 cups (1.0L)
Tahini	2 cups	4 cups	6 cups	8 cups
Salt	2 tsp	4 tsp	6 tsp	8 tsp
Cumin	1 tsp	2 tsp	3 tsp	4 tsp
Ice water	1.5 cups	3 cups	4.5 cups	6 cups

1. In a bowl, combine the garlic and lemon juice. Let the mixture rest for 10 minutes, to give the garlic time to infuse the lemon juice with flavor.
2. Add the tahini, salt and cumin to the bowl. Whisk until the mixture is thoroughly blended.
- 3 Add water 2 tablespoons at a time, whisking after each addition until smooth. After about 6 tablespoons, you will have a perfectly creamy and smooth, light-colored tahini sauce.



## Master Recipe: Sesame Ginger Sauce

Ingredients	25	50	75	100
Ginger, grated	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Sesame oil	1/2 cup (125mL)	1 cup (250 mL)	1.5 cups (375mL)	2 cups (500 mL)
Garlic, minced	4-6 coves	6-8 cloves	8-9 cloves	10-11 cloves
Soy sauce	1 cup	2 cups	3 cups	4 cups
*Honey	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Vegetable/Olive Oil	2 cups	4 cups	6 cups	8 cups
*Maple Syrup	2 tbsp	3 tbsp	4 tbsp	5tbsp

1. Place all ingredients in a container with a tight-fitting lid (a mason jar works great).
2. Shake vigorously for 30 seconds until mixed.
3. Serve!

\*Adjust recipe downward to decrease sugar content as desired.



# Appendices

## 1: Common Measurement Conversions

1 teaspoon	5mL
1 tablespoon	15mL
$\frac{1}{4}$ cup	60 mL
$\frac{1}{3}$ cup	80 mL
$\frac{1}{2}$ cup	125 mL
1 cup	250mL or 8 fl. Oz (fluid ounces)
1 quart	0.95L or 32 fl. Oz
1 liter	1000mL or 4 cups
1 kg	2.2 lbs (pounds)

## 2: Tips for Reading the Recipes

- Costs of food vary depending on season, availability, location etc.
- Spices may not be proportional when scaling recipes. For example, when you double a recipe, you may not always double the salt. When cooking large batches, it is recommended that you start with less spice and add as needed.
- When making larger portions, cooking times will likely increase. Cooking times will also vary based on stovetop; type of pot used etc.
- When vegetable ingredients (e.g. onions, carrots, potatoes) are listed in weight, this is the "As Purchased" weight. Meaning the weight prior to peeling or trimming. For example, if the recipe says, "2 onions (~2 cups) or 0.5 lb", it is referring to 0.5 lb of whole onions. It is written this way to help with your grocery shopping. Therefore, if the recipe says you need 0.5lb of onions, you know to purchase 0.5lb of whole onions. The same goes for other vegetables such as potatoes, carrots, squash etc. Of course, vegetables come in varying sizes so do not stress too much about getting it exactly right.

## Acknowledgements:

The Community Dinner Resource Guide was co-written by Vincent Ng and Kim McGibbon, Public Health Nutritionists with assistance by the staff of the Healthy Kids Thunder Bay Project. The guide was designed by Maddison Mehring, Master of Public Health Student at Western University, in July of 2022 at the Thunder Bay District Health Unit.

The guide was developed as a tool to be used by staff, organizations, and other local service providers.

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