



Meal

SPONSORSHIP PROGRAM



Every day, Inn from the Cold feeds up to 120 people, providing them with breakfast, a bag lunch and hot dinner. Over half of the guests we serve are children and youth 17-years-old and younger.

It's no secret that good nutrition is vital to the healthy development of children, helping to bolster their physical, cognitive and emotional development and safeguard against long-term health problems. For children experiencing a challenging time in their lives, good nutrition and healthy habits are especially critical to their health, their happiness and their coping skills. Here at the Inn, we provide guests with nutritious, well-rounded meals that are also delicious – and you can, too!

By sponsoring a meal at Inn from the Cold, you'll be helping us to meet the nutritional needs of growing girls and boys and their families, while also helping to offset the costs associated with our dinner service program. It's also quick and easy!

To get started, simply decide whether you'd like to sponsor a breakfast, lunch or dinner and take a look at our sample menu. Give us a call, and we'll handle the rest.

Menu*

Hearty Breakfasts

OPTION

1

\$200

Continental

A complete continental breakfast with cereal, toast, fruit, coffee, milk and juice all on offer.

OPTION

2

\$250

French Toast *(Available Weekends)*

French toast, hash browns, bacon or sausage, fresh fruit, milk and juice.

OPTION

3

\$300

Scrambled Eggs *(Available Weekends)*

Scrambled eggs, bacon or sausage, waffles or pancakes, fresh fruit, milk and juice.

OPTION

4

\$300

Egg Strata Casserole

(Available Weekends)

Bread, eggs, ham and cheese layered in a casserole dish and baked. Served with fresh fruit, milk and juice.

Lunch

OPTION

1

\$300

Brown Bag Lunch

A brown bag lunch containing a sandwich with meat and cheese, juice box, granola bar, cookies and fruit.



Delicious Dinners

OPTION

1

\$300

Mexican Fiesta

From fajitas to tacos, burritos to quesadillas – the menu items may change, but the authenticity remains! A special treat for families.

OPTION

2

\$350

Lasagna

Served with garlic bread, salad and fresh fruit.

OPTION

3

\$350

Meatloaf Dinner

Homemade meatloaf with mashed potatoes, gravy, steamed veggies, salad and fresh fruit.

OPTION

4

\$350

Kids' Delight Dinner

Kraft Dinner, chicken nuggets, hot dogs, hamburgers, veggies and dip, salad and fresh fruit.

OPTION

5

\$500

Shepherd's Pie

Homemade beef shepherd's pie with potatoes and vegetables, served with bread, salad and fresh fruit.

OPTION

6

\$400

Holiday Ham Dinner

Served with all the trimmings: potatoes, vegetables, buns, salad and fresh fruit.

OPTION

7

\$600

Holiday Turkey Dinner

Served with all the trimmings: stuffing, cranberry sauce, vegetables, gravy, bread, salad and a surprise dessert!

Delectable Desserts

(Available with Dinner Service)

OPTION

1

\$200

Rice Pudding

Creamy and delicious homemade rice pudding.

OPTION

2

\$200

Bread Pudding

Warm and fluffy bread pudding studded with raisins and dried apricots.

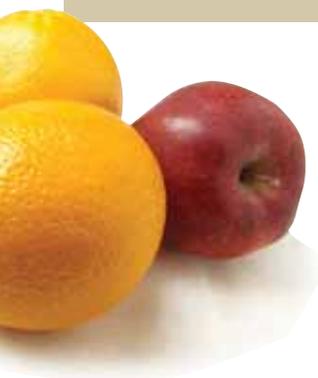
OPTION

3

\$200

Apple Crisp

Sweet, warm apples topped with a delicious oat and cinnamon crunchy topping.



** Please note that this is a sample menu. Options will vary based upon availability. Inn from the Cold works closely with wholesale food distributors and the Calgary Food Bank. Our meals are subject to change depending on available stock, as well as the number of families we are serving at a given time.*



Serve a Meal

Interested in serving the meal you sponsor? Inn from the Cold's dinner service program is an immensely enjoyable and popular volunteer opportunity. You'll need to have a group of between 5 and 8 enthusiastic helpers ready to lend a hand.

Sponsoring a meal with your volunteer group is an easy and affordable way to give. Please contact us for more information and/or available dates.

Become a Sponsor Today

To sponsor a meal, or for more information, please contact:
Joy Park, Donations Coordinator
(403) 776-3290
joy@innfromthecold.org

About the Inn

Inn from the Cold (the Inn) is Calgary's original and largest family emergency shelter. We take a holistic approach to preventing and ending homelessness and offer resources and services that generally fall within one of four different areas: prevention, emergency shelter, housing and programs. Our priority is to help families find safe, affordable and appropriate housing, and provide the ongoing resources they need in order to live independent lives and thrive. By supporting our work, donors like you are making a strategic investment into the long-term health and viability of our community. Thank you!

To learn more, please visit us at www.innfromthecold.org.

