



# Day by Day

**The mission of Christ House** is to provide comprehensive and compassionate health care to sick and homeless men from the District of Columbia, and to assist them in addressing the critical issues to help them break the cycle of homelessness.

## NOURISHMENT FOR HEALING

*Our kitchen creatively sources and prepares food to support lasting health*

Eating regular, balanced meals is essential to health. Proper nutrition is even more important for our homeless patients who are recovering from illness, injury, or managing a chronic disease. For some, their stay at Christ House is the first time in months or years that they can rest assured that they'll have proper home-cooked meals every day.

### SHOP

Our kitchen staff provides over 150 meals each day for individuals with varying diets and appetites, all while on a budget. Finding

food that is healthy, accessible, and affordable is key.

We acquire a significant portion of our fresh produce – about 500 lbs per week – for free at the Capitol Area Food Bank. They provide food items to nonprofits and food pantries by sourcing and distributing donated and discounted foods weekly. We're thankful that our partnership with the CAFB allows us to shop frugally and to help prevent food waste in our community.

We also receive a significant amount of food from meal volunteers who both bring and serve

complete meals to patients and Kairos Program members. Many of these groups have been with us since the beginning and we are grateful for their continued support.

We purchase the remaining items – fresh fruits, dry goods, canned goods, etc. - in bulk from a major food distributor who gives nonprofits like Christ House a special rate.



*Lorna, one of our Cooks, dices vegetables.*

### CHOP

Diligent planning and preparation ensures that over 150 meals are prepared properly and on time every day. Our Executive Chef creates a menu a week in advance, largely based on what seasonal produce is available at the food bank. To cook meals in large quantities, our kitchen is stocked with essential industrial appliances like a five-row oven and 60 quart pots.

Our kitchen staff also make alternative meals to accommodate

*Continued on next page*



*Our Executive Chef, Miri, receives a large donation of collard greens from Community Plates.*

*Continued*

special diets and allergies. For instance, some patients need a 'soft mechanical' diet which requires food that is tender and cut into bite-size pieces.

### — NOURISH —

By centering our menu on fresh fruits and vegetables, lean proteins, and whole grains, we are ensuring that patients receive the nutrition crucial to building strength, supporting recovery, managing blood-sugar levels, and maintaining a healthy weight.

To encourage healthy eating, our staff strives to make meals that are appetizing and familiar. We frequently serve hearty side salads and vegetables that are seasoned and cooked to complement the entrée.

Still, we know the importance of comfort food every once in a while. One of our most popular meals for special occasions is mashed potatoes and gravy, collard

greens, roasted chicken thighs, and a dinner roll.

Our work is ongoing as we seek to accomodate the specific needs of those we serve. It is our hope to continue educating our patients on ways to embrace a healthy lifestyle in body, mind, and spirit.



*A patient enjoys a lunch of lentils, rice, and salad.*

## STOCK THE PANTRY

Our kitchen always appreciates the following items:

- Regular, Ground Coffee
- Pure Olive Oil
- Grapeseed Oil
- Apple Cider Vinegar
- Red Wine Vinegar
- Ground Black Pepper
- Ground Cinnamon
- Ground Nutmeg
- Ground Cumin
- Smoked Paprika
- Lemon Pepper



## A YEAR OF SERVICE & COMMUNITY

Applications are now open for the 2017-2018 Year-Long Volunteer Program! Each June, individuals come from all over the country to serve and to grow in full-time positions at Christ House, providing presence, renewed energy, and determination for our mission. Positions include: Nurse, Respite Care Assistant, Activities Coordinator, Administration Assistant, Unit Clerk, and Case Management Assistant.

“ I've learned about the complexity of homelessness, the injustices our men face, building community, and unconditional love. I would urge you to consider this program if you're looking for an opportunity that is meaningful, challenging, and joy-filled. ”

- Shaina, current year-long volunteer



Learn more about this unique program and find the application: [www.christhouse.org/volunteer/ylv](http://www.christhouse.org/volunteer/ylv)

**Please spread the word about this great opportunity to your friends and family!**



# A MERRY & BRIGHT CHRISTMAS

Thank you to all of our volunteers and donors who made the holiday season special for Christ House patients and Kairos Program members!

Your generosity and thoughtfulness made it possible for every patient and Kairos Program member to receive a bag of gifts! You also fully stocked our clothing room in preparation for the months ahead.



Patients decorated the dining room tree.



A special visitor from the North Pole showed up with gifts.



A Kairos member wrote out Christmas cards to his family.



The Kairos community celebrated a member's birthday which falls on Christmas.



Patients were delighted to receive their own bag of Christmas presents.



A patient and Sr. Marcella helped each other play Christmas bingo at the annual Christmas party.



Our community enjoyed a very special Christmas Day lunch.



## PARTNER WITH US IN 2017

Did you know that it costs about \$3,000 per day to provide comprehensive and compassionate health care to our patients?

- **Partners** give \$3,000 or more each year
- **Associate Partners** give \$1,500 - \$2,999 each year

Partners and Associate Partners can choose a date to serve as their 'Remembrance Day' which represents the day of care that they are helping to make possible. Many select a birthday or anniversary as a special way to honor loved ones.



To learn more: visit our blog, email [development@christhouse.org](mailto:development@christhouse.org), or call us at 202-328-1100.

## SING OUT FOR SHELTER

It's the 25th Anniversary of Sing Out for Shelter! We invite you to join us for an evening of a cappella music featuring four award-winning ensembles, including The Augmented Eight. All proceeds will benefit Christ House and other organizations working with individuals who are homeless in Washington, DC.



**Saturday, March 4th, 2017 at 8:00 PM**  
 Metropolitan Memorial United Methodist Church  
 3401 Nebraska Ave, NW  
 Free parking available!

**Purchase tickets:**  
[www.augmented8.org](http://www.augmented8.org)

CFC #34256 • UW #8385  
 The Advance #381215  
Advancing hope in Christ's name

www.ChristHouse.org  
 Return Service Requested



**CHRIST HOUSE**  
 1717 Columbia Road, NW  
 Washington, DC 20009

