



You can help feed the homeless in Des Moines...



Each Tuesday and Friday morning The Salvation Army's Mobile Canteen serves breakfast to more than 600 homeless individuals in Des Moines. The menu features a hot egg casserole (recipe at right) that provides a delicious high-protein meal.

The free breakfast also includes coffee or hot chocolate, milk and orange juice (when available,) individual boxed cereal, donuts, hard boiled eggs and more, depending on what is available at the time.

You and your friends and relatives can help feed Des Moines' hungry homeless by preparing egg casseroles for The Salvation Army. We provide the pans and you provide the ingredients, which cost approximately \$5.00 per casserole. After preparing and baking the casserole we ask that you freeze it and then deliver it to our eastside facility.

Each casserole feeds 10 people and we serve approximately 125 casseroles each week.

To learn more, call The Salvation Army's city office at 515-282-3599.

You can also volunteer to help the mobile canteen serve the breakfast. Weather and disaster permitting, we begin serving at 5 a.m. each Tuesday and Friday. To volunteer to assist, call Judy Anderson at 515-278-0939.



EGG CASSEROLE

1 – 9"x11" disposable aluminum pan greased or sprayed with cooking spray.
Preheat oven to 375 degrees.

2C grated cheddar cheese
1 lb sausage, Italian sausage, or hamburger, crumbled and browned or ¾ lb chopped ham (or no meat for a vegetarian casserole)
4 eggs
2 C milk
1 C Bisquick™ mix
¼ tsp pepper
Salt to taste (use less salt if you use ham)
1 Tbsp taco seasoning (optional)
Paprika
(Any other ingredient you might use in omelets will work as well.)

Place meat and cheese in a greased disposable pan. Combine eggs, milk, salt, pepper and biscuit mix in blender; blend one minute on high. Pour this mixture over meat and cheese. Sprinkle with paprika.

Bake at 375 degrees for 35-40 minutes or until casserole is firm in the middle.

After cooling, cover with aluminum foil and freeze. Note date and meat contents on cover with a permanent marker.

Our mission is to preach the Gospel of Jesus Christ and to meet human needs in His name without discrimination!