

Description of the E2F Pan Project

Cindi MacSwain, Founder/Community Coordinator
cmacswain@new.rr.com

08/15/24

E2F ("Empty to Full") Pan Program

How it works:

Empty pans are distributed to willing church members. The pans contained a simple recipe & shopping list to prepare & fill an empty pan with lasagna or another easy to prepare and freeze meal. The pans aren't cooked. Once prepared, the filled pans are returned to the church for group delivery to the shelter freezer.

- ❖ The program is coordinated only 2x per year. Late Spring & Early Fall. It is purposely not a continuous ask for food and volunteers.
- ❖ There are currently about 20-recipes used by the program. The recipients decide what recipes they'd like to receive.
- ❖ The program is deliberately planned to be multi-generational. This makes it a great project for families to do together.
- ❖ Please contact Cindi MacSwain cmacswain@new.rr.com with questions or to volunteer.

It's simple:

- ❖ Pick up an empty pan at a specific time & location. This is announced in church communication. Typically pans are distributed, after a church service, twice a year, in late spring and early fall.
- ❖ Follow the simple grocery list & purchase the ingredients to make the recipe found in the pan. (Approx. \$ 15.00)
- ❖ During the week prepare the simple recipe & fill the pan (So simple...no prior experience required. Some of the recipes don't even require cooking.)
- ❖ Place the prepared pan in your refrigerator or freezer. The pan isn't cooked!
- ❖ Bring the prepared pan to the designated drop off. Generally, before a church service the week after hand out.
- ❖ The pans aren't cooked before they are returned. The shelter cooks them prior to serving.
- ❖ Volunteers take the collected pans to the shelter freezer.