

# SPOTLIGHT ON Eating *for a* Good Cause

by Clint Hamblin

**B**oston Restaurant Week is upon us, and what better way to sample the creations of some of our city's most outstanding chefs without breaking the bank. Beginning on Sunday, March 15 through Friday, March 20 and then on Sunday, March 22 through Friday, March 27, participating restaurants will offer discounted lunches and dinners well worth your attention. If you've always wanted to visit a certain restaurant, make a reservation as early as you can to ensure you'll get in. Let's see what's on the menu of a few of our favorites.

Brasserie JO is located across the street from the Prudential Center at The Colonnade Hotel at 120 Huntington Avenue where they're famous for making Boston's best onion soup. They're offering trout with escarole, lemon, capers and fingerlings.

The elegant Oak Room at the Fairmont Copley Plaza prepares Georges Bank licorice dusted gray sole with roasted tomato relish and mini twice-baked lobster potato.

The menu at Vlora, the subterranean Mediterranean restaurant located at 545 Boylston Street, is presenting wrapped haddock with fresh tomato and mint sauce, couscous and winter greens.



PHOTO: CLINT HAMBLIN

Brasserie JO's onion soup

If you wish that Boston Restaurant Week were running all year long, you're not alone, especially if you're a client of Community Servings, Greater Boston's free, home-delivered meals program. This organization serves nutritious meals to people with HIV/AIDS and other acute life-threatening illnesses, as well as their dependents and caregivers. One of the great but little known benefits of Boston Restaurant Week is that a portion of the profits helps support Community Servings so that they can continue to provide sustenance for people too sick to take care of themselves or their families.

Imagine a mom too sick to get out of bed to feed her children, let alone herself.

"If a client is at a stage of illness that

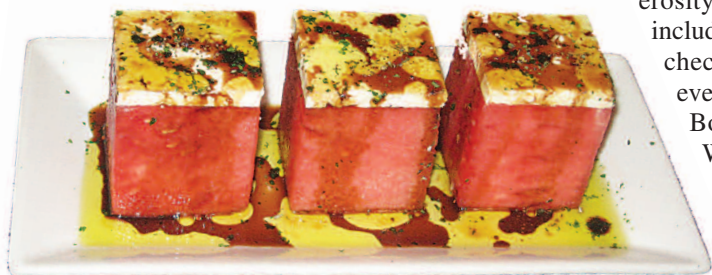


PHOTO: CLINT HAMBLIN

Vlora's watermelon appetizer



PHOTO: BEIJSY CULLIN

Volunteers at work at Community Servings

they cannot feed their kids, the state could take their children away," said David Waters, the CEO of Community Servings. "We feed both the client and the kids and keep the kids out of foster care all for just \$5 per day." This small kindness keeps the patient out of the hospital and at home with their family.

"Each day we prepare, package and deliver lunch, dinner and a snack for 725 individuals and families throughout Greater Boston," Waters said. "Our meals are packed with the nutrition needed to fight illnesses such as cancer, HIV/AIDS, Lou Gehrig's disease, multiple sclerosis and lupus. Community Servings strives to serve all people living with illness who are in need of sustenance."

It's not an easy task delivering about 25 different medically tailored diets every day. The prep work requires a pretty big kitchen located in Jamaica Plain, a trained staff and registered dietitians. Operations rely on school groups, church groups and corporations to prepare and custom tailor the meals to the clients' needs.

Now celebrating its 20th anniversary, the organization serves a range of approximately 200 miles, from Brockton to Lawrence, and is mostly funded through private fundraising and through the generosity of the community including someone writing a check or supporting an event. In addition to Boston Restaurant Week, the organization gets some fairly limited government funding.

Waters spoke of a client, an older



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woman who lived alone and struggled with a double mastectomy as a result of cancer.

"She hadn't eaten any food in a week and when we brought her the first week of meals, she said she couldn't eat. She pulled out some of the things in the bag and saw a homemade peach cobbler," Waters said. "She said it was just as good as her mother's and ate the whole thing. By the end of the week, she was able to eat a whole meal."

A waiting list of 35 sick people need meals, but the organization can only do so much. When somebody makes a contribution, it goes directly to feeding new people.

"It's the old concept of bringing a casserole to the neighbor down the street when someone in the family is sick," Waters said.

Enjoy Boston Restaurant Week, and if you'd like to volunteer call Community Servings at 522-7777 or visit their website at [www.servings.org](http://www.servings.org). Bon appétit!