

THE YWCA FAMILY CENTER provides emergency shelter and supportive services for up to 50 families every day by offering resources and support to stabilize families who are experiencing a housing crisis. Our Nationally recognized program strives to make the children and parents who stay with us comfortable during a highly stressful time. One powerful way we help is by offering families three meals every day. This is where you come in...

YWCA Meal Hosts agree to:

- Provide and serve a meal
- Prepare dining room area
- Food serving
- Final clean up (dishes, etc.)

Food can be prepared in advance by your group, use our kitchen to prepare your meal, or utilize our in-house kitchen option where our kitchen will provide and prepare the meal for your group (\$500 donation to our kitchen). You should expect to serve and average of 200 people for breakfast and dinner and *approximately* 75 – 100 for lunch 2/3 of who are children under the age of 17.

Weekday Meal Hours:

- Breakfast - 6:30 am – 8:30 am
- Lunch - 11:30 am – 12:30 pm
- Dinner - 6 – 8 pm

Expect to Arrive:

- 5:30 am
- 10:30 am
- 5:00 pm

Weekend and Holiday Meal Hours:

- Breakfast - 7:00 – 9:30 am
- Lunch - 11:30 am – 12:30 pm
- Dinner - 6 – 8 pm

Expect to Arrive:

- 6:00 am
- 10:30 am
- 5:00 pm

*** If your group chooses to use our kitchen to prepare the meal, you may access the kitchen starting at 6 am (for breakfast), 10 am (for lunch) and 2 pm (for dinner). Please let us know what time you plan on being here ahead of time.

Recommended Group Size:

Breakfast → 5 – 10 People
Lunch → 1 – 5 People
Dinner → 8 – 15 People

To Become a Meal Host..... Visit “www.ywacolumbus.org” and click on support us → volunteer → fund a meal → view our meal schedule. Any dates without a meal host or server listed are open dates and available for meal hosting.

Once you have selected a date, contact Jessica Wichtman (Community Relations and Volunteer Manager) at 614-253-3916/jwichtman@ywacolumbus.org to confirm your date and answer any questions you may have. The Volunteer and Donations Team can also arrange for you and your group to observe a meal service in advance to assist in your planning process.

Amenities:

We have a full service kitchen with rapid heating convection ovens, a microwave, steamer, steam table, griddle, grills, dishes, silverware, servicing utensils, prep tables, sinks, and a knowledgeable staff member. All you need to bring is food and servers!

Suggested Breakfast Menu Items

Meat/ Main Course: Sausage * Bacon * Ham * Steak * Pancakes * Omelets

Sides: Tater Tots * Hash Browns * Grits * Oatmeal * French toast * Cereal * Pop-Tarts * Eggs * Pastries

Bread: Bagels * Toast

Fruit: Bananas * Strawberries * Pineapple * Apples * Oranges * Peaches * Grapes

Drinks: Milk * Orange Juice * Apple Juice * Coffee * Hot Chocolate * Hot Tea

Condiments: Butter * Jelly * Sugar * Creamer * Syrup

Suggested Lunch and Dinner Menu Items

Meat/ Main Course: Baked Chicken * Cheeseburgers * Chicken Nuggets * Barbeque Chicken * Chicken & Dumplings * Hamburgers * Lasagna * Pizza * Meatloaf * Chili * Chicken Patties * Pot Roast * Spaghetti with Meatballs * Lunch Meat Sandwiches * Hotdogs * Turkey *

Vegetable: Green Beans * Corn * Salad * Scalloped Potatoes * Mashed Potatoes with Gravy * Baked Potatoes * Greens

Fruit: Bananas * Strawberries * Pineapple * Apples * Oranges * Canned Peaches

Sides: Macaroni & Cheese * Rice * Beans * Chili Cheese Fries* Applesauce * French Fries * Tater Tots

Bread: Dinner Rolls * Biscuits * Garlic Bread * French bread * Italian Bread

Desert: Cookies * Ice Cream * Cake * Pie * Cobbler * Pudding * Jell-O with fruit

Drinks: Iced Tea * Sweet Tea * Fruit Drinks * Apple Juice
Lemonade *

Condiments: Salad Dressings of all Kinds * Butter * Hot Sauce * Ketchup * Mustard

- Please be aware that out of respect for the populations we serve, we do not serve pork at the Family Center. If you do plan to serve a pork product, please provide an alternative. In addition, we ask that no nuts or nut products (including peanut butter and peanut oil) are used due to the potential for severe food allergies.
- The meal should be nutritious, balanced, and appealing to diverse population. If you do not have time to prepare the meal, families always love pizza!
- Please keep in mind that our capacity varies from day to day, and some evenings our resident population is much lower. Accordingly, one of our volunteer and donations staff will contact you a week in advance of your dinner host date to confirm your hosting date and provide information about our current census. Our recommendation is to contact our front desk just before you purchase the food to obtain the most accurate count.

THINGS TO KNOW THE DAY YOU SERVE

Arrival – Breakfast (6:00 AM) Lunch (11:30 AM) Dinner (5:00PM)

- Sign in and get a volunteer sticker at the front desk.
- Ohio law requires that gloves be worn at all times, when prepping, serving, storing and cleaning up. We have non-latex gloves for those with allergies.
- Aprons are available and advised. This is hands-on work! ☺
- Plan on dividing into three groups: Food/Kitchen Preparers; Servers; and Dishwashers.
- Please Remember to pull back hair that is shoulder length or longer.

Food/Kitchen – Preparation

- Meet the kitchen staff.
- Bring food into kitchen.
- Put on gloves.
- Begin cooking/ warming food.
- Breakfast and Lunch are self served.
- There are two dining servings, one at 6:00 and one at 7:00. At each serving 75-100 residents will be dining depending on census on host date.

Servers – Preparation (Breakfast and Lunch)

- Wipe down all 11 tables in the dining area.
- Put out utensils, cups & plates.
- Position condiments & drinks on outside counter or cart.
- Food is served cafeteria style.

Servers – Preparation (Dinner)

- Wipe down all 11 tables in the dining area (number of tables will vary based on current census)
- Each table should then receive:
 - Six stacked dinner plates;
 - Six stacked small bowls (if you are serving salad or fruit, or anything that requires a bowl);
 - A utensil basket with six forks, four spoons, six napkins and two butter knives;
 - Salt & pepper shakers;
 - Extra napkins are usually welcomed.

Servers - Food Serving

- Kitchen staff and volunteer group will determine the best way to serve the meal.
- **Ohio Law prohibits children under the age of 15 from preparing food and coming in contact with hot surfaces and knives; therefore, they cannot be in the kitchen. They can, however, assist in setting and clearing tables with adult supervision.**

Servers/Dishwashers – Before the Second Dinner Service begins (6:45 – 7 pm)

- Bus and wipe down tables. Residents will generally clean up after themselves.
- Clean any dishes you will be reusing for the 2nd serving.
- Reset the table and repeat steps above.

Servers/Dishwashers/Food Prep - Final Clean Up

- Finish bussing the tables.
- Following the instructions on the dishwashing equipment, wash and dry all dishes and put them away.
- Prepare and label any extra food for storage.
- Wipe down all surfaces and tables.
- Take out the evening's garbage.

Can the families get “seconds”?

Depending on the amount of food available, seconds may be offered at the end of the meal. Please work with the kitchen staff to determine the availability and process for serving seconds.

Is there anything else we can do?

- Sit and share a meal with the families, offer to hold a baby; or help a parent get food and drink for their own children, etc.
- Music is always welcomed. Consider asking some volunteers to form a small group for singing or performance during meal times.
- If you have a special talent you'd like to share in a workshop format, we encourage you to let us know this in advance so we can schedule a room and inform the families of the opportunity.
- If you are interested in offering optional spiritual opportunities, you may do so in separate area due to federal funding. Please let the staff know ahead of time if you are interested in doing so.
- To respect the confidentiality of our residents, we ask that you do not take photos of our families without their consent. If you have questions regarding photos, please speak to our staff.