

YWCA FAMILY CENTER MEAL HOST GUIDELINES

CONTACT
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OVERVIEW

In 2005, YWCA Columbus responded to a community call to take over emergency shelter and services for families without homes. Many are working poor and unable to meet high housing costs; many are women raising children alone. The 50-room center offers these families safety and support, a place where they can get three healthy meals a day, and a warm, secure place to sleep.

We rely on volunteers and donors 365 days a year to provide meals to homeless families staying at our Family Center. This saves the organization over \$200,000 annually, and when there's a crisis, this need is even more crucial.



MEAL HOSTING OPTIONS:

HOST A MEAL



Your group should expect to serve up to 175 people for breakfast/dinner and 100 for lunch. **Please plan to arrive at:**

4:30 am for breakfast

10 am for lunch (if meal needs prep) **or 11 am** (if it only needs to be heated on-site)

4 pm for dinner (if meal needs prep) **or 5 pm** (if it only needs to be heated on-site)

FINANCIALLY PROVIDE A MEAL



Financially sponsor a meal:

\$300 for breakfast

\$500 for lunch or dinner

To sponsor a meal visit:

ywcacolumbus.org/meal-sponsor

CONTRIBUTE TO PART OF A MEAL



Community Night is an evening where the community comes together to donate a full meal for families. You can shop our wish list on Amazon, drop off items, or make a donation for these events.

ywcacolumbus.org/provide-a-meal

Note: See tips on next page for off-site food prep & ideas.



SEND US PHOTOS FROM YOUR VOLUNTEERING EXPERIENCE SO WE CAN THANK YOU ON SOCIAL MEDIA!

MENU IDEAS TO GET YOU STARTED

BREAKFAST

MAIN



Sausage, Bacon, Ham, Steak, Pancakes, Omelets, Scrambled Eggs, Breakfast Sandwiches, French toast

SIDES & BREAD



Tater Tots, Hash Browns, Grits, Oatmeal, Cereal, Eggs, Bagels, Toast, Pastries, English Muffins, Pop-Tarts

FRUIT



Bananas, Strawberries, Pineapple, Apples, Oranges, Peaches, Grapes

DRINKS & CONDIMENTS



Milk, Orange Juice, Apple Juice, Coffee, Hot Chocolate, Hot Tea Butter, Jelly, Sugar, Creamer, Syrup, Ketchup, Hot Sauce

LUNCH/DINNER

MAIN



Baked Chicken, Turkey, Pot Roast, Meatloaf, Cheeseburgers, Hotdogs, Chili, Lasagna, Chicken & Dumplings, Chicken Nuggets, Barbeque Chicken, Spaghetti with Meatballs, Hamburgers, Pizza, Chicken Patty Sandwiches, Lunch Meat Sandwiches, Tacos, Soup

VEGGIE & FRUIT



Green Beans, Corn, Salad, Greens, Peas, Fresh Vegetables and Dip
Bananas, Strawberries, Pineapple, Apples, Oranges, Canned Peaches

SIDES & BREAD



Macaroni & Cheese, Rice, Beans, French Fries, Tater Tots, Mashed Potatoes with Gravy, Baked Potatoes, Scalloped Potatoes
Dinner Rolls, Biscuits, Garlic Bread, French bread, Corn Bread

DESERT/DRINKS/CONDIMENTS:



Pudding, Jell-O with fruit, Applesauce
Iced Tea, Fruit Juice, Milk
Salad Dressings of all Kinds, Butter, Hot Sauce, Ketchup, Mustard, BBQ Sauce

HELPFUL TIPS FOR PREPARATION OF FOOD OFF-SITE

- Hot foods should be kept above 140 degrees and cold foods should be kept below 40 degrees.
- Cook food to the right temperature.
- Pack extra ice if you need to keep food cold or make sure you have a working. Crockpot and extension cords if your product needs to be kept hot.
- Avoid using home canned products for the food you prepare.
- If you or your family members are sick, don't prepare food.
- Keep work surfaces clean.
- Wash your hands and change your gloves often.

! DIETARY CONSIDERATIONS

If you 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.

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