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.

There is no higher priority for us than the health, safety, and physical well-being of our visitors, the population we serve, and YWCA Columbus employees. In an effort to ensure the safety of volunteers, we have suspended all in-person volunteer opportunities until further notice. 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 DURING THIS TIME:

**PROVIDE & DROP OFF A MEAL**

Physically provide and drop off the meal for our kitchen staff to serve. Your group should expect to serve up to 185 people for breakfast/dinner and 50-120 for lunch. Drop off your meal the: **day before for breakfast**

- **for lunch:** 11 am (if ready to serve)
- **4 pm for dinner**

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

**FINANCIALLY PROVIDE A MEAL**

Financially sponsor a meal for our kitchen staff to prepare and serve for a donation of:

- **$300 for breakfast**
- **$500 for lunch or dinner**

To sponsor a meal visit: [ywcacolumbus.org/meal-sponsor](http://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. This opportunity takes place on the last day of the month (except for Dec). Currently, at this time the options for this are: shop our amazon wish list, drop off items or make a donation.

*With your support hosting a meal, you make sure we can do what is needed—serving three healthy meals to our Family Center residents every day.*

-Naomi Merino
Volunteer & Donations Manager

CONTACT
Naomi Merino
Volunteer & Donations Manager
614.253.3955
nmerino@ywcacolumbus.org
**MENU IDEAS TO GET YOU STARTED**

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### BREAKFAST

<table>
<thead>
<tr>
<th>MAIN</th>
<th>SIDES &amp; BREAD</th>
<th>FRUIT</th>
<th>DRINKS &amp; CONDIMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage, Bacon, Ham, Steak, Pancakes, Omelets, Scrambled Eggs, Breakfast Sandwiches, French toast</td>
<td>Tater Tots, Hash Browns, Grits, Oatmeal, Cereal, Eggs, Bagels, Toast, Pastries, English Muffins, Pop-Tarts</td>
<td>Bananas, Strawberries, Pineapple, Apples, Oranges, Peaches, Grapes</td>
<td>Milk, Orange Juice, Apple Juice, Coffee, Hot Chocolate, Hot Tea Butter, Jelly, Sugar, Creamer, Syrup, Ketchup, Hot Sauce</td>
</tr>
</tbody>
</table>

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### LUNCH/DINNER

<table>
<thead>
<tr>
<th>MAIN</th>
<th>VEGGIE &amp; FRUIT</th>
<th>SIDES &amp; BREAD</th>
<th>DESERT/DRINKS/CONDIMENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Chicken, Turkey, Pot Roast, Meatloaf, Cheeseburgers, Hotdogs, Chili, Lasagna, Chicken &amp; Dumplings, Chicken Nuggets, Barbeque Chicken, Spaghetti with Meatballs, Hamburgers, Pizza, Chicken Patty Sandwiches, Lunch Meat Sandwiches, Tacos, Soup</td>
<td>Green Beans, Corn, Salad, Greens, Peas, Fresh Vegetables and Dip Bananas, Strawberries, Pineapple, Apples, Oranges, Canned Peaches</td>
<td>Macaroni &amp; Cheese, Rice, Beans, French Fries, Tater Tots, Mashed Potatoes with Gravy, Baked Potatoes, Scalloped Potatoes Dinner Rolls, Biscuits, Garlic Bread, French bread, Corn Bread</td>
<td>Pudding, Jell-O with fruit, Applesauce Iced Tea, Fruit Juice, Milk Salad Dressings of all Kinds, Butter, Hot Sauce, Ketchup, Mustard, BBQ Sauce</td>
</tr>
</tbody>
</table>

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### 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.

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### 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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### CONTACT

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