



THANK YOU FOR VOLUNTEERING

*We greatly appreciate your time and energy, we couldn't do it without our volunteers!
Here are a few guidelines for your time at the **Center for Women and Children***

BEFORE:

Cancellation

Please remember the clients are counting on you for a meal. If there is any need to cancel, please try to do so **at least 48 hours before your assigned meal**. Make sure to speak with a staff member to confirm 801.261.9177.

Volunteers Must be 16+

Volunteers ages 16+ are welcome to volunteer if accompanied by an adult! Please have a parent or guardian sign their volunteer liability waiver.

Group Size

Due to safety and liability concerns, our kitchen can only accommodate groups of 6 volunteers or less.

Parking

Please park in the lot and enter through the main door located at the front of the building. You will need to ring the intercom and be buzzed in.

Pantry Items

We have a well-stocked pantry which volunteers are welcomed to utilize. Our pantry items are usually in stock, however, if the group is planning to use pantry items please contact a specialist with your meal plan at least two weeks in advance so we can ensure the desired items are available for your meal date.

Provide Disposable Goods

Some volunteers prefer to use disposable plates and cups to reduce dish washing and clean up. This is certainly welcome, but the center does not provide these items.

Meal Schedule

LUNCH: Arrive 11:30am, Serve 12:30pm, Clean-up 1pm
DINNER: Arrive 5pm, Serve 6pm, Clean-up: 6:30pm

Meal Options

Some of our clients have dietary restrictions, food allergies, and special preferences. Please prepare at minimum a vegetarian option as a courtesy to these clients.

DURING:

No photos or video

To protect our clients' confidentiality, cameras are strictly prohibited. Please ask the Volunteer Engagement Specialist about what is safe to share on social media.

Expect 20-32 Clients

Numbers fluctuate from day to day. Please plan accordingly.

AFTER:

Eating and Clean up

Clients will take care of cleaning up cafeteria area, while volunteers clean the kitchen space. Please Plan on washing dishes, wiping down all cooking and serving surfaces, sweeping the floor, mopping, and taking out the garbage.

Leftovers

Please pack up leftovers into a wrapped or sealed container and date and label them with a piece of tape and sharpie. Ex. Spaghetti w/ meat sauce 03/05. This helps us keep our refrigerators up-to-date.

PANTRY SHOPPING LIST

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Canned Meats

Chili
Pork and Beans
Tuna

Meats (Frozen)

Franks
Ground Beef
Hamburger Patties
Sausage

Canned Veggies

Corn
Green Beans
Spaghetti Sauce
Tomato Sauce
Tomatoes Diced

Canned Fruit

Applesauce
Pears
Peaches

Seasonings

Pepper
Salt
Vanilla Extract

Drinks

Fruit Punch
Hot Cocoa
Milk

Fresh Produce

Carrots
Lettuce
Onions
Potatoes
Tomatoes
Apples
Bananas
Oranges

Dairy

Butter
Cheese (brick)
Cottage Cheese
Eggs
Sour Cream

Beans

Black
Pinto
White

Grains

Bread
Tortillas
Hotdog Buns
Hamburger Buns
Rice
Pasta
Granola
Oats (Rolled)
Cereal

Condiments and Sides

Mustard
Instant Potatoes
Salsa
Ketchup
Honey
Vinegar
Jam (Various)
Pancake Syrup
Ranch Dressing
Peanut Butter

Baking and Desserts

Vanilla Pudding
Chocolate Pudding
Vegetable Oil
White Sugar
Brown Sugar
Powdered Sugar
Pancake Mix
White Flour