

Meal Donation at Helen's Place & Sophia's Place

Effective September 1, 2020

	Helen's Place		Sophia's Place
	Lunch	Dinner	Dinner
How many women	40	40	21
Hot or Cold	Hot	Hot	Hot
Time of Delivery	Between 10:30 and 11 AM	Between 6 and 6:30 PM	Between 6 and 6:30 PM
Location	8045 120th Avenue NE, Suite 200 Kirkland, WA 98033 Delivery Instructions: You will need to call the shelter and a staff member will bring a cart out to you to take the food from your car. <i>The phone number will be emailed to you two days before your sign-up date.</i>		3032 Bellevue Way, (behind St. Luke's Lutheran Church) Bellevue, WA 98004 Delivery Instructions: Please call 425.896.7385 and a staff member will bring a cart out to you to take the food from your car.

Good to Know

- Please follow the safe food preparation guidelines from Public Health, Seattle and King County, outlined in [this document](#).
- Meals must be ready-to-serve and ready-to-eat. There is not enough time to warm up the food so please bring the food ready-to-serve. Please bring the food in disposable containers (aluminum trays are great).
- Our population is older and vulnerable – choose easy to digest meals.
- Provide choices and be inclusive and neutral in the cuisines and dishes.
- Specialty meals, such as Indian or Asian are enjoyed occasionally. The preference is usually for meals that include bread, meat protein, sides, salad, and dessert.
- Include (if possible) an ingredient list as some of the women have dietary restrictions /allergens.
- It is **not necessary** to bring plates, cutlery, and other serving essentials.

Questions: Email meals@sophiaway.org

Making meals for a large group

Making a meal for a 40 women may seem daunting, but you can make it a group activity to make it easier for you.

- Connect with family or friends from your neighborhood, church group, school, etc.
- Plan the meal (a hot main dish, one or two side dishes)
- Break up the meal into smaller pieces and have each person make a part of it

Example of a menu:

Taco Bar

- Two people bring 4 lbs of taco meat
- One person brings shells/tortillas and guacamole
- One person brings cheese/sour cream/salsa
- One person brings salad and fruit
- One person brings dessert (optional)

Other ideas:

- Pasta bar (different types of pasta and sauces) with French bread and vegetable
- Pulled pork sandwiches with coleslaw and fruit
- Spiral cut ham with scalloped potatoes and vegetable
- Baked Ziti with French bread and vegetable
- Grilled sausage (or meatball) sandwiches with salad and fruit
- Chili with corn bread and fruit salad
- Teriyaki chicken with rice and vegetable

Some other resources for menu planning:

- <http://allrecipes.com/> This website (and others) will allow you to choose a recipe and will scale the ingredients based on how many servings you want to prepare.
- <http://recipesforacrowd.com/>
- <http://www.cditchen.com/recipes/holidays-parties/cooking-for-a-crowd/>
- <http://www.shakentogetherlife.com/2016/07/sloppy-joes-for-a-crowd-freezer-friendly.html>
- <http://thrivinghomeblog.com/2015/01/20-meals-that-feed-large-groups/>
- <http://www.freebiefindingmom.com/cheap-meals-for-large-families/>

Thank you for supporting the women we serve by donating a meal!