

# Volunteer Opportunities

## Meals for the Homeless

Lookout provides hot meals daily within our shelters and our drop in. We also offer community kitchens in our residential services when we can afford the food. Community kitchens are a great way of building a community within our buildings, as well as a way to assist people to become healthier, make better choices and address many other concerns (e.g. hygiene, budgeting, shopping, how to say no, etc. ) in a fun and enjoyable way.

We daily serve three meals within our shelters and one meal at our drop in.

Our food budget is very limited and must be augmented for us to serve healthy nutritious meals to approximately 350 – 375 people daily. We are very aware that our meals are the only ones for the majority of our clientele!

We are in need of volunteers to help us prepare and serve the meals. We are also in need of groups who are interested in providing a home-cooked meal for our guests. If you are interested – read on!

### **Food Safety**

Our clientele are generally in poor health with weakened immune systems. They are at higher risk of disease and poisonings. We are responsible to ensure that all the food that is served at Lookout is handled according to Food Safe – and overseen by someone who has Food Safe Certificate. We gladly will cover the cost of someone receiving the Food Safe training with the commitment of xx volunteer shifts. This means, for instance, we need to know where food comes from, how it is stored, and how it is cooked and at what temperature, how it is kept warm (if applicable).

### **Scheduling**

In order to allow as many people as possible the opportunity to provide meals so no one or no group is over extended, we develop a schedule usually a month or two in advance. The schedule is updated weekly.

### **Menu**

We are pleased to substitute your menu into our daily routine, but please notify us at least one day in advance so that we can ensure it doesn't duplicate a meal served the prior day and to meet Food Safety standards.

### **Meal Preparation**

Meals are to be cooked inside our premises. On the rare occasion, we can accept pre-cooked meals, but still are required by Food Standards to know all the details outlined under Food Safety above.

### **Milk? Plates? Cups?**

We ask for donations of milk (2- 4 gallons daily) and paper plates & cups. The amount depends on the site. Such donations will really help extend our supplies. It also may be a way to allow others to help you or your group, folks who can't commit to cooking or serving but could help with sending some supplies.

### **Desserts**

There is no requirement to provide dessert as part of the meal. There are usually a lot of sweet donations for our clientele to eat. If you do want to provide dessert, consider treats that are lower in refined sugar, such as fruit based desserts or perhaps even jello. Many deal with diabetes, and we want to help them with healthy options as much as we can.

### **Other stuff**

Please clean up the kitchen, wash pots and pans and put away. The shelter kitchens close around 7:00 pm. Any guests arriving later in the evening will be served a meal from the leftovers and/or supplies in the cupboard by those who are working at the shelter.

### **Volunteer Forms**

Everyone in your group who comes to help serve will be asked to sign in and provide some basic contact information as a food volunteer.

### **Ideas**

We have had groups create seafood chowder, baked chicken and ethnic meals such as curries. On Sunday's we've had groups come in and create a fabulous pancake breakkie with sausages. Volunteering isn't just for the evening meals - if you are an early bird who likes to cook, please contact us for helping with breakfasts!

### **Thank you!**

Thank you for your interest in providing homeless people with a delicious meal. Your generosity will be greatly appreciated and you will have an opportunity to meet people who may help dispel the myths of who the homeless are. Your help is genuinely needed to assist us meet the needs of the homeless.