



*Thank you for nourishing the women we serve with your meal donation!*

## Meal Donation at Helen's Place & Sophia's Place: 2022

	Helen's Place			Sophia's Place		
	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
How many women	40	40	40	21	30	21
Time of Delivery	Between 6:30 and 6:45 am	Between 10:30 and 11 am	Between 6 and 6:30 pm	Between 6:30 and 6:45 am	Between 10:30 and 11 am	Between 6 and 6:30 pm
Location	8045 120th Avenue NE, Suite 200 Kirkland, WA 98033 <b>Delivery:</b> Please call 425.572.2178 and a staff member will bring a cart out to take the food from your car.			3032 Bellevue Way Bellevue, WA 98004 (behind St. Luke's Lutheran Church) <b>Delivery:</b> Please call 425.896.7385 and a staff member will bring a cart out to take the food from your car.		

### Guidelines

- Please follow the [food safety guidelines](#) from Public Health, Seattle and King County
- Cooking a meal
  - The meal must be prepared on the day of donation or the day prior
  - Please prepare a complete meal (main dish, side dish, dessert) for the number of women selected to ensure they all receive a full meal. A meal could also be composed of sandwiches with chips or a salad
  - Salads must be store-bought (packaged and unopened)
- Restaurant meals: you may, if you wish, purchase and deliver a complete meal from a restaurant or purchase and arrange to have the restaurant deliver the meal to the shelter
- **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. The meal must be in disposable containers (aluminum trays are a good option). It is **not necessary** to bring plates, cutlery, and other serving essentials

## Good to Know

- The kitchens at Helen's Place & Sophia's Place are warming kitchens. We cannot cook or bake, only keep the meal warm until it is served
- The population we serve is older and vulnerable – choose easy to digest meals
- Include (if possible) an ingredient list as some of the women have dietary restrictions /allergens
- Provide choices and be inclusive and neutral in the cuisines and dishes
- We request that dinner be hot; lunch can be hot or cold
- 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

## Making Meals for a Large Group

Making a meal for a large group may seem daunting, but you can make it a group activity

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

### Tips by Chef Laura Taylor on cooking for large groups

*Laura Taylor is a Certified Personal Chef and started her own business [Honest to Goodness in 2012](#). She was a guest speaker at our 2021 meal meetups. Read her blog about [comfort food recipes](#) that will scale up well for serving a large group of guests.*

- Be organized – plan ahead and make lists; work out the time it takes to cook the dishes; keep dietary restrictions in mind and focus on nutrition
- A common culinary term is *mise-en-place*, which means everything in its place. It's more than about being organized, it's a mindset. Get everything ready before you start assembling –it makes it simpler, quicker, easier
- Clean environment – before you begin, wipe down and sanitize all surfaces in the kitchen. Wear gloves when handling raw meat, poultry, and seafood. Clean as you go
- Bulk purchase – Costco is great for that. Another option is Smart Food Service (formerly Cash N Carry). They have outlets in Seattle SODO, Ballard, Northgate and Bellevue/Overlake. You get good deals on bulk foods, ingredients, dried herbs and spices, frozen meats and vegetables. Another option is Restaurant Depot. If you have a food service license or a restaurant license you can apply to be a member

### Menu planning

- Think of simple but flavorful dishes that appeal to all. Don't over salt or over sugar dishes – you need salt and sugar to balance out flavors but there are many herbs, spices, and stocks you can use to build up flavors

- Keep dietary restrictions in mind, especially when cooking for vulnerable community. Also, think about gluten free and dairy free dishes, and vegetarian meals as many are now adopting a meat-free diet
- Look at build-your-own-meal as an option where women can create their meal with what works best for them
- Have a colorful meal that is rich in antioxidants – greens, red sauces, roasted vegetables, etc.
- Cook to the seasons – in the colder months, make hearty stick-to-your-ribs kinds of stews, casseroles, chicken pot pies – dishes that are flavorful and creamy. In the summertime, make light and refreshing meals – taco bar or a build-your-own salad
- Carbs (pasta and rice) are more easily digested than protein or fiber. So add proteins and fiber to your meals. It also helps balance out the sugar if people are diabetic
- Heart healthy cooking oils – for high heat cooking I use avocado, grapeseed or coconut oil. For sautéing, I usually use olive oil
- I'm a huge fan of taking shortcuts as long as it does not sacrifice quality and nutritional value. For instance, I will buy Marinara sauce and add flavoring. I also use frozen or pre cut vegetables or vegetable blends that you can get at grocery stores
- Use appliances that do all the work. Make it as easy on yourself as possible. Use ovens, slow cookers instant pots, rice cookers

### ***Catering tools***

- Thermos-pens to ensure everything is cooked to the proper internal temperature
- Cathay Pacific Catering sells catering crates – cardboard boxes with Styrofoam inserts that help transport food in a safe temperature way, cleanly and safely. They are available in full size sheet pans
- Get disposable-lidded foil pans – great for transporting food and heating

## Meal ideas suggested by donors and clients

### Breakfast

- Pancakes and sausage with fruit
- Bacon egg and cheese sandwiches
- French toast casserole with fruit
- Ham and scalloped potatoes
- Grits/ polenta bar
- Breakfast burritos
- Breakfast casseroles and hash browns
- Quiche with fruit

### Lunch / Dinner

- Taco bar: two people can bring 4 lbs of taco meat; others can bring shells/tortillas and cheese/sour cream/salsa; salad and fruit; dessert (optional)
- Pasta bar (different types of pasta and sauces) with bread and a side salad
- Potato bar: russet potatoes or a mix of potatoes with various fillings. Butter, cheese, broccoli, sour cream, bacon bits, scallions, chili. Potatoes can be wrapped in foil, baked in advance and kept warm. Add a salad
- Salad Bar / Egg salad
- Soups: hamburger soup, lentil, split pea, vegetable beef, minestrone, chicken noodle, broccoli cheddar, vegetable, etc.
- Mexican / Chinese / Thai / Stir-fry
- Sandwiches with coleslaw and fruit - pulled pork; grilled meat / vegetable; corned Beef and swiss cheese; tuna
- Hamburgers / Hot dogs and french fries
- Spiral cut ham with scalloped potatoes and vegetable
- Chili with corn bread and fruit salad
- Teriyaki chicken with rice and vegetable
- Meat and vegetable casserole with bread
- Fish and white rice
- Beef and Potatoes / Beef Stroganoff
- Baked Chicken / Chicken Wings
- Shepherd's Pie
- Corn with vegetables
- Pot roast
- Fettuccine alfredo
- Clam chowder
- Poke bowls
- Beef or pork fridge rice
- Korean BBQ

## FAQs

### **How do I sign up?**

[Sign up here](#) to donate a meal in 2022.

### **Can I sign up for a regular donation schedule?**

Yes. However, we ask for your consideration in giving more people the opportunity to donate a meal. Please sign up for a maximum of two meals a month at each shelter. Please email [Megan.d@sophiaway.org](mailto:Megan.d@sophiaway.org) if you would like to sign up for a regularly scheduled meal.

### **Can I be an on-call donor?**

We appreciate your willingness to be an on-call donor. When needed, we will call you 48 hours before with a meal request. Remember, you don't have to say yes every time you get a call. Please email [Megan.d@sophiaway.org](mailto:Megan.d@sophiaway.org) to be added to the list of on call donors.

### **How should we package the food for delivery?**

Please bring the food in disposable containers (aluminum trays are great).

### **Do I need to bring paper plates, serving utensils etc.?**

No, it is not necessary to bring these items. If you would like to provide these, they will be welcomed and used.

### **Can I donate excess food? (After a party at my home or workplace)**

Please call the shelters to check if food is needed and to coordinate delivery. Please keep the food frozen or refrigerated and covered, until delivery.

### **Can we serve and eat with the women?**

At this time, we are not having volunteers sit and eat with women at mealtimes.

### **Can I get a tax receipt?**

Please send us an estimate of the cost of the food and the time taken to make the meal, and we will email a tax receipt. If your employer matches donations, you can double the value of your donation!