



*Thank you for nourishing women with your meal donation!*

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

	Helen's Place			Sophia's Place		
	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
Meals Requested	40 total (two slots of 20 each)	40 total (two slots of 20 each)	40 total (two slots of 20 each)	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  Note: We share a building with "New Bethlehem" Be sure to deliver to the "Helen's Place" door.  <b>Delivery:</b> Please call 425.572.2178 and a staff member will bring a cart out to take the food from your car. You may also use the call box to the right of the door to call down a staff member.			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.		

[Sign up here](#) to donate a meal in 2024

### Guidelines

- Please follow the [food safety guidelines](#) from Public Health, Seattle and King County
- Cooking a meal
  - o The meal must be prepared on the day of donation or the day prior

- o 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
- 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). Paper plates and plastic cutlery are welcomed but not required.
- Please only have one person coordinate the drop off so items do not show up at different times

## Good to Know

- The kitchens at Helen's Place & Sophia's Place are warming kitchens. We cannot cook or bake; we can only keep the meal warm until it is served
- The population we serve is older and vulnerable – choose easy-to-digest meals.
- **Please provide chopped peppers, hot sauce or other spicy items on the side so that individuals can choose their spice level. May clients are unable to have spicy food for health reasons or personal preference. Please provide food that has little to no spice to ensure everyone can enjoy.**
- Include (if possible) an ingredient list as some of the women have dietary restrictions /allergens. This allows them to choose if they can eat an item.
- Provide choices and be inclusive and neutral in the cuisines and dishes
- We request that dinner and breakfast be hot; lunch can be hot or cold (example: sandwiches/ salads)
- 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
- Please note that pasta with red sauce and pizza are very commonly donated. Please use our menu suggestions below to find other options

## 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
- Bagels, muffins or english muffins with toppings 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)
- 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
- 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
- Pot roast
- Beef or pork fridge rice
- Korean BBQ

## 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
- Please only have one person coordinate the drop off so items do not show up at different times

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

*Laura Taylor is a Certified Personal Chef and has her own business [Honest to Goodness](#). 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

### ***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 communities. 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

## **FAQs**

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

[Sign up here](#) to donate a meal in **2024**.

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

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

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

We appreciate your willingness to be an on-call donor. When needed, we will email 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).

### **I made a big pot of soup and would prefer to transport it in the pot, can I get my pot back?**

Yes, when you drop off please ask the staff to transfer it to a different container immediately. Don't leave before getting your pot back. It will take a moment to transfer, but this will prevent confusion later.

### **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. We do have volunteer opportunities to assist in the kitchen during lunch and dinner. We ask that you commit to a regular volunteer schedule and not just a one time shift. Please email [Megan.d@sophiaway.org](mailto:Megan.d@sophiaway.org) for details about how to be a Shelter Assistant during lunch time.

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

Please send us an estimate of the cost 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!

### **May I post on social media about our donation?**

We would love for you to share about the meal you donated. Please tag The Sophia Way so that we can reshare. Some guidelines:

- take photos at home while you are preparing the meal or after the meal is ready
- take pics at drop-off **outside** the shelter (photography is not permitted inside)
- pictures of shelter staff must be taken only with their verbal consent
- please never take photos of clients

**Thank you for providing meals to The Sophia Way shelters!**