

OVERVIEW

Serving a meal at one of the Coalition's three facilities is one of the most rewarding ways to volunteer. Groups can sign up for either a one-time service or a recurring schedule to provide and serve meals for our clients. Groups can serve in our Center for Women and Families, Women's Residential and Counseling Center, or Men's Service Center. Please note: the group must provide the meal or underwrite the cost.

COST/COOKING

Groups have the choice of preparing the meal according to federal nutritional guidelines (see below) or underwriting the cost of the meal. Our kitchen is available for meal preparations upon request. Groups can also choose between serving breakfast, dinner, or both.

TIME INVOLVED

If preparing the meal, the group needs to arrive with adequate time to do so. If the group is underwriting the meal, volunteers need to arrive 30 minutes before serving begins (serving times provided below). Minimum time requirement for meal service is two hours.

DATES AND TIMES AVAILABLE

There are opportunities to serve any day of the week, including weekends and holidays. Meal serve times vary by facility and weekday or weekend. Details of dates and times associated with each facility are listed below.

SIGN IN

Upon arrival, everyone in the group must sign in on the volunteer sheets provided. After signing in, the kitchen staff will provide instructions.

CLEANUP

Volunteers are welcome to help clean up after the meal is served; however, this is not required.

EXTRA VOLUNTEERS

If a group has more than the minimum number of volunteers, residents can be served at their seats instead of through a serving line. This is a treat for our clients!

FEDERAL NUTRITIONAL GUIDELINES FOR DINNER (PER SERVING)

2 ounces meat

1/2 cup starch product (pasta, rice, bread)

1/2 cup vegetable

1/2 cup vegetable or fruit

8 ounces milk (Whole milk for children ages 0 - 2 years, One percent milk for ages 2 - 18 years)

*Drinks for adults (at least 10 gallons)

*Dessert

**Appreciated, but not required*

SERVING DETAILS FOR EACH FACILITY

Center for Women and Families (CWF)

Location: 639 W. Central Blvd., Orlando, FL 32801

Cost to underwrite meal: \$150 (breakfast); \$275 (dinner)

Minimum number of volunteers: 6

Women's Residential and Counseling Center (WRCC)

Location: 107 E. Hillcrest St., Orlando, FL 32801

Cost to underwrite meal: \$100 (breakfast); \$170 (dinner)

Minimum number of volunteers: 3

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SERVING DETAILS FOR EACH FACILITY (CONTINUED)

Men's Service Center (MSC)

Location: 639 W. Central Blvd., Orlando, FL 32801

Cost to underwrite meal: \$150 (breakfast); \$500 (dinner)

Minimum number of volunteers: 10

BREAKFAST OPPORTUNITIES

Monday - Friday

WRCC: 6:30 a.m.

CWF: 6 a.m.

MSC: 6 a.m.

Weekends

WRCC: 8 a.m.

CWF: 8 a.m.

MSC: 8 a.m.

DINNER OPPORTUNITIES

Monday - Friday

WRCC: 6 p.m.

CWF: 6 p.m.

MSC (includes Saturday): 6:30 p.m.

Weekends

WRCC: 5 p.m.

CWF: 6 p.m.

MSC (Sunday only): 4 p.m.

For more information on meal service opportunities, please contact Marty Vevera, Director of Volunteer Services, at 407.872.5784 or marty.vevera@cflhomeless.org