



MEAL SERVICE OPPORTUNITIES

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 Pavilion. Please note: availability is limited and 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.

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.

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 (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 (For children only. 1% 2-18 years old, whole 0-2 years old)
- *Drinks for adults (enough for 10 gallons)
- *Dessert

**Appreciated, but not required*

Serving details for each facility:

Center for Women and Families

Location: 639 W. Central Blvd., Orlando, FL 32801
Cost to underwrite meal: \$275
Minimum number of volunteers: 6-8
*Meal serve time: Serving begins at 6:00 p.m. daily

Men's Pavilion

Location: 639 W. Central Blvd., Orlando, FL 32801
Cost to underwrite meal: \$500
Minimum number of volunteers: 8-10
*Meal serve time: Serving begins at 7:00 p.m. daily

Women's Residential and Counseling Center

Location: 107 E. Hillcrest St., Orlando, FL 32801
Cost to underwrite meal: \$170
Minimum number of volunteers: 3-4
*Meal serve time: Serving begins at 6:00 p.m. on weekdays and 4:00 p.m. on Saturday and Sunday

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