



Cook Volunteer Instructions

- Cook Teams** Provide both an evening meal and breakfast for the clients of our agency. For many of our clients their dinner and breakfast that they receive from the BEDS PLUS program will be their only meals.
- Cook Teams generally consist of three to six people who divide the work and the expense. Dinner and breakfast are prepared and delivered to the site on the evening.
- Note: BEDS PLUS does not reimburse cooks for food and supplies. Check with your tax advisor to determine if your donation is tax deductible. If you itemize at tax time, please remember to retain your receipts.
- Cooking for the large number of hungry people most of us are not used to. Use your favorite recipes and make needed quantity adjustments.
- Evening Meals** **Cook Teams prepare food for 30-40 people**
Dinner generally consists of salad, main course (1/2 pound of meat/starch per person), rolls or bread, and dessert
- Cook Teams also provide 2 gallons of milk. (Please do not bring sugar beverages, ie: pop.
 - Apples, bagels, and other hard to chew items are not advisable (many clients have not had the benefit of good dental care).
- All food should arrive *Ready-to-Serve*. Please deliver the food to the site between 6:30 and 6:45 PM.**
- Hot food should be fully cooked. Cooking or preparing food on-site will significantly delay a meal.
 - Please deliver food in disposable aluminum pans or plastic containers. (Pans will not be returned.)
- Breakfast**
- **Cook Teams provide breakfast to serve approximately 20 people.** Breakfast is prepared on-site. Include the following:
 - Three (2) gallons of milk
 - Two (2) gallons of juice
 - Your choice of muffins, cereal, donuts, coffeecake, bread for toast, eggs, or a breakfast casserole.
 - Make every attempt to include meat or protein in the breakfast meal.
 - Check with Site Coordinator to see if margarine and jelly are needed.
- Transporting Food** Completely cooked food usually stays safe and warm in cold weather if you insulate it well. Wrap container in aluminum foil, followed by newspaper and a towel. Place the container in the bottom of a cardboard box.

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Food Preparation

Please follow effective sanitation practices, including:

- Always wash hands before handling food (current food handling guidelines suggest wearing disposable gloves).
- Keep perishable foods refrigerated until cooked and ready to deliver.

When cooking ahead and freezing.

- Allow enough time to thaw food before reheating and delivering to site. (follow safe thawing procedures.)

Please have dinner ready to serve.

- Cooking Garlic Bread in the oven on site is acceptable, but having to cook part of the meal 30-45 minutes will not allow us to be able to serve at 7:30 pm.

Site Volunteers will keep food warm in a holding oven until serve time.

Please leave serving directions, heating directions for site volunteers.

This includes directions for the breakfast meal.

Quantity Suggestions

- Main Course – ½ lb meat and 1 cup of starch per person
- Potatoes
 - Baked potatoes: One per person.
 - Mashed or casserole: 20 pounds (about one cup per person)
- Salad Dressing: One quart Ranch, Italian or Thousand Island
- Salad Greens
 - 3 - 4 heads of lettuce depends on size
 - Extras: tomatoes, croutons, onions, etc.
- Desserts
 - Cake or brownies: Three 9"x13" pans. Cut each cake into 15-18 pieces.
 - Pie, ice cream, pudding, and cookies are also great.

Main Course Suggestions

-Beef stew	-Chicken or Beef Chop Suey on rice	-Chicken Divan
-Chili	-Goulash	-Ham and scalloped potatoes
-Hearty soup: vegetable, chicken, beef		-Sloppy Joes on buns (potato chips)
-Lasagna	-Meat loaf	-Pot roast
		-Hot dogs
-Noodle or rice casserole with red meat, chicken, turkey, or tuna		
-Spaghetti with meat sauce/meatballs/sausage		

If you have any questions please feel free to call Tina Rounds at 708-354-0858, ext. 5; or via email: rounds@beds-plus.org. We will do our best to answer your questions.

Thank you for helping to advance our mission of helping the homeless of our community by volunteering your time and your cooking talents.