



525 W. Second Avenue  
Spokane, WA 99201-4301  
Tel: 509.624.2378

Dear Volunteer,

Thank you for your interest in becoming a meal provider for Volunteers of America's [Crosswalk](#) program.

Crosswalk is a multi-service center for homeless and at-risk youth located in downtown Spokane. Crosswalk provides food, shelter, education and support for youth ages 13-20. With the help of the community, we are able to help young people find a sense of belonging in a safe environment that allows them to avoid or leave the streets. Our aim is to reunite families, supply survival necessities, teach self-sufficiency and offer hope and support to kids who desperately need it.

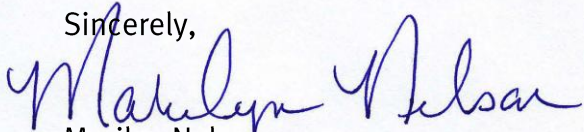
By providing meals 365 days per year, Crosswalk is able to gain the trust of hungry teens and support them as they begin to make positive changes. Most of the meals provided at Crosswalk come from people like you who want to make a difference in the lives of local youth. Currently we have more than 50 volunteer groups and individuals that provide meals on a regular basis. With your help, we hope to raise that number to 70 or more.

Most meal providers bring one meal per month. Some meal providers stay and serve the meals and others deliver the food for our staff and volunteers to serve. While the number of individual meals needed varies depending on the day of the week and the time of the year, the attached information sheet will give you an idea of the amount of food needed for the day that your group volunteers. The sheet also outlines five possible ways to be a Crosswalk meal provider. Also included in this packet are some guidelines to follow for meal preparation ("You Can Help" brochure) and a sample menu in case you need some ideas.

It may also be possible to deduct the cost of the meal from your taxes as a charitable donation. We are happy to provide a receipt upon request. If you would like to become a meal provider or for more information, please contact me at 509.838.6596 ext. 138 or [mnselson@voaspokane.org](mailto:mnselson@voaspokane.org).

We hope to hear from you soon!

Sincerely,



Marilyn Nelson  
Meal Coordinator

## OPTIONS FOR DONATING LUNCH (served at 12 noon)

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- Summer School Days (T, W, Th): 30 people
- Summer (M, F): 25 people
- Summer Weekends (S, Su): 25 people
  
- School Year (M-Th): 40 people
- School Year (F-Su): 25 people

1. **Bring food to prepare in Crosswalk's commercial kitchen and serve it yourself.** Green salads, veggie and fruit trays and non-dairy desserts can be made at home if you wish. Please allow enough preparation time so that lunch may be served at 12 noon.
2. **Prepare food in another commercial kitchen, bring it to Crosswalk and serve it yourself.** Please arrive by 11:40 a.m. to allow time for set-up.
3. **Purchase or prepare food in a commercial kitchen and drop it off for the Crosswalk staff to serve.** Food should arrive by 11:30 a.m.
4. **Bring meal ingredients for the Crosswalk staff to prepare and serve.** You should deliver the ingredients by 10 a.m.
5. **Donate money for a meal.**

## OPTIONS FOR DONATING DINNER (served at 6 p.m.)

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- Weekdays (M-Th): 30 people
- Weekends (F-Su): 25 people

1. **Bring food to prepare in Crosswalk's commercial kitchen and serve it yourself.** Green salads, veggie and fruit trays and non-dairy desserts can be made at home if you wish. Please allow enough preparation time so that dinner may be served at 6 p.m.
2. **Prepare food in another commercial kitchen, bring it to Crosswalk and serve it yourself.** Please arrive by 5:40 p.m. to allow time for set-up.
3. **Purchase or prepare food in a commercial kitchen and drop it off for the Crosswalk staff to serve.** Please arrive by 5:40 p.m.
4. **Bring meal ingredients for the Crosswalk staff to prepare and serve.** You should deliver the ingredients by 4 p.m.
5. **Donate money for a meal.**

Most of our meals are provided by churches and civic organizations on a once a month basis, however, individuals and families are also invited to provide a meal. This may be done on a regular basis or you may contact the meal coordinator at 509.838.6596, ext. 138 when you would like to provide a meal to see which dates are open in that month.

# Sample Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fried Chicken Mashed Potatoes Green Beans, Corn Apple Cake & Ice Cream	2 Corn Dogs Green Salad	3 Meatballs Pasta Veggie Sticks w/ dip Popsicles	4 Turkey Potatoes & Gravy Corn Salad	5 Tacos Chips Salsa Beans	6 Chicken Rice Pilaf Mixed Veggies	7 Beef Ribs Scalloped Potatoes Green Salad, Rolls Ice Cream
8 Chicken Rice	9 Mac & Cheese Tater Tots Grapes	10 Lasagna Salad Strawberry Shortcake	11 Burrito Casserole Green Salad Spanish Rice	12 Pizza Fruit Salad Brownies	13 Tuna Sandwiches Green Beans, Chips Cake	14 Stuffed Peppers Salad Apple Crisp
15 Hamburgers French Fries Fruit Salad Root beer Floats	16 Roast Pork Scalloped Potatoes Peas, Rolls Cake & Ice cream	17 Pizza Green Salad Pop	18 Chicken Potatoes Peas, Salad Watermelon	19 (Leftovers)	20 Hot Dogs Pasta	21 Beef & Turkey Sandwiches
22 Hash Browns Breakfast Casserole Fruit	23 Taquitos Quesadillas Salad, Fruit Cookies	24 Chili Cornbread Apples Cake	25 Enchiladas Cabbage salad Refried beans Churros	26 Chinese Food	27 Sloppy Joes & Egg Salad Sandwiches	28 Chicken Caesar Salad
29 Grilled Cheese Sandwiches Tomato Soup Orange Slices	30 Chicken Soup Rolls Jello	31 Chicken Nuggets Fries Applesauce				

## Yes, You Can!

- Q. Can I prepare food in my own kitchen?**  
A. *Yes, you can!* This brochure contains a list of the many approved foods you can prepare in your home kitchen. Salads, fruit trays and vegetable trays are among the choices available to you to help feed the hungry in our community.
- Q. Can I donate food items that are not yet prepared?**  
A. *Yes, you can!* Most charities welcome the direct donation of food items such as eggs, meat and cheese which they can use to prepare meals in their commercial kitchen. Be sure to quickly transport perishable food items directly to the charity of your choice.
- Q. Can I bring the ingredients for a main dish to the charity and prepare the food there?**  
A. *Yes, you can!* Some charities, such as Crosswalk, need volunteers to prepare and serve meals in their kitchen. Simply purchase and quickly refrigerate or transport perishable ingredients for main dishes to the charity of your choice.
- Q. Do I need a health card to prepare food?**  
A. *Probably not.* If you prepare food donations in your own kitchen or donate unmade food items, you don't need a health card. However, volunteers who spend at least 14 days per year preparing food in a charity's kitchen do need a current health card, which can be obtained from the Spokane Regional Health District.



## Who Needs Help?

The following local organizations are among those providing meals directly to homeless or needy families, youth and adults. Please contact the charity of your choice directly to be sure you select a food donation option that meets their needs.

Crosswalk .....	838-6596
Central United Methodist Church .....	838-1431
City Gate Fellowship .....	455-9670
House of Charity .....	624-7821
Second Harvest Food Bank .....	534-6678
Union Gospel Mission .....	535-8510
Valley Food Bank .....	928-7769
Women's & Children's Free Restaurant .....	324-1995



# You Can Help!

Spokane's  
Charities  
Need Your  
Food  
Donations



## The Need is Great!

Charitable organizations in our community are experiencing a dramatic increase in the number of people seeking food. These organizations need your help.

There are a wide variety of choices for direct involvement to help meet the need. These choices offer a safe way to avoid the danger of foodborne illness in this vulnerable population while still providing nutritious meals for those in need.

## Keys to Success

Select from three options for easy food donation. You may prepare approved foods in your own home, donate the ingredients or prepare the meal at the charity itself. Detailed lists are included in this brochure. Be sure to check with the charity of your choice before you get started!

Handle foods safely. Frequent hand washing in hot, soapy water is a key to successful food preparation. Other tips include washing produce thoroughly before cutting, keeping melons cold, and washing and disinfecting sinks, counters, utensils and cutting boards prior to preparing foods for donation.

Transport foods quickly to the charitable organization of your choice. Bacteria can grow when foods aren't kept very cold or very hot. Perishable foods prepared in your home kitchen or purchased for donation should be kept cold and transported in a closed container **within one hour**, directly to the charity. Don't leave foods sitting out on the counter or in your car!

## Food Donation Options

### 1 Prepare food donations in your own kitchen.

Select from the following list of items approved by the Spokane Regional Health District for in-home preparation:

- Tossed Green Salads (no fresh sprouts)
- Fruit Salads
- Fruit Trays
- Canned 3-Bean Salad
- Jello Salads (may use fruit)
- Fresh Vegetable Trays – such as celery, carrots and broccoli
- Breads
- Rolls
- Cookies and Rice Krispy treats
- Cakes (no cream or custards)
- Fruit pies (only)



*Please leave homemade potato and pasta salads at home.*

### 2 Donate ingredients directly to the charitable organization.

Choose from among the following items in greatest demand by organizations who feed the needy:

- Milk
- Grocery store eggs
- Cheese (hard and cottage)
- Half & Half
- Yogurt
- Sour Cream
- Mayonnaise
- Fish
- Beef\*
- Poultry\*
- Pork\*
- Lamb\*
- Commercially canned foods



\*Inspected and approved by USDA source.

### Choose your preferred donation option.

Be sure to check with the charity of your choice for clear directions *before* you get started!

### 3 Bring the ingredients to the charity and prepare the meal there.

You'll enjoy the reward of interacting with those in need and be able to prepare nutritious hot meals in an approved commercial kitchen. Bring a group of friends! Again, check with your charity of choice before getting started.

Meal suggestions include:

- Spaghetti
- Lasagna
- Casseroles
- Stew
- Roast Beef
- Tacos



## Questions?

Contact



Food Program  
at 324-1560 ext. 2