



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. However, we are still in need of additional meal teams.

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 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 us at 509.838.6596 ext. 116 or [meals@voaspokane.org](mailto:meals@voaspokane.org).

We hope to hear from you soon!

Sincerely,  
Crosswalk's Meal Coordinator

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

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- Summer School Days (T, W, Th): 25 people
- Summer (M, F): 20 people
- Summer Weekends (S, Su): 20 people
  
- School Year (M-Th): 30 people
- School Year (F-Su): 15 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): 25 people
- Weekends (F-Su): 15 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. 116 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) Chicken Whole-Wheat Bread Mashed Potatoes Green Beans, Corn Apple Wedges	2) Shredded Beef (on Whole-Wheat Rolls) Green Salad Pineapple Slices	3) Meatballs Whole-Wheat Pasta Carrot Sticks Orange Slices	4) Turkey Whole-Wheat Rolls Potatoes & Gravy Green Beans Pears	5) Tacos Whole-Wheat Tortillas Pinto Beans Salsa Fruit Salad	6) Chicken Whole-Wheat Toast Mixed Veggies Apple Crisp	7) Beef Ribs Whole-Wheat Rolls French Fries Corn Watermelon
8) Chicken Wings Mac & Cheese (Whole- Wheat Noodles) Grapes	9) Tuna Casserole (with Whole-Wheat Noodles) Chips Corn Pears	10) Pizza Carrot Sticks Fruit Salad	11) Stuffed Peppers Salad Apple Crisp	12) Chicken Caesar Salad Orange Slices	13) Chili Cornbread Carrots Apples	14) Hamburgers Whole-Wheat Buns Tater Tots Corn on the Cob Fruit Salad
15) Cream of Potato Soup (with Chicken & Veggies) Cantaloupe	16) Enchiladas Cabbage Salad Strawberries	17) Lasagna (with Whole-Wheat Pasta) Salad Apple Slices	18) Pot Roast Red Potatoes Carrots Orange Slices	19) Chicken Potatoes Peas Watermelon	20) Egg Salad Sandwiches (on Whole-Wheat Bread) Cooked Carrots Fruit Salad	21) Sloppy Joes (on Whole-Wheat Bun) Potato Salad Honeydew
22) Chicken Nuggets Whole-Grain Rice Peas Jello (with Fruit)	23) Baked Ham Whole-Wheat Bread Corn Bread Sweet Potato Grapes	24) Chicken Breast Whole-Grain Rice Green Beans Carrot-Raisin Salad	25) Bean & Cheese Burrito Whole-Grain Rice Mixed Veggies Pears	26) Baked Spaghetti (Whole-Wheat Noodles) Whole-Wheat Bread Spinach Salad Blueberries	27) Chicken Pita (Whole Wheat) Peas & Carrots Peach Slices	28) Grilled Cheese (on Whole-Wheat Bread) Broccoli Tomato Soup Pineapple Bits
29) Roast Beef Scalloped Potatoes Brussel Sprouts Applesauce	30) Steak Fajitas (with Whole-Wheat Tortilla) Lettuce Tomato Watermelon					