

# PATH Cooks Los Angeles



## Join us in the fight to end homelessness by becoming a PATH Cooks partner!

PATH Cooks is a volunteer program providing home-cooked meals to the residents living in PATH's interim housing facilities.

Each year, PATH spends more than \$200,000 on food for the people we serve. When your group provides meals, it helps us focus our resources on providing housing and support services for our residents.

### Get involved in 5 easy steps!

#### **STEP 1: SELECT A DATE**

Contact us to select a date, time, and location. Meals can be prepared at two of PATH's locations: our main LA location on Madison Ave., or our West LA facility. Volunteer chefs can provide breakfast, lunch, or dinner for our residents.

- **Breakfast (only available at West LA facility)** is served on Saturdays and Sundays at 7:00 a.m. sharp. Cooks arrive around 6:00 a.m., depending on the menu and required preparation time.
- **Lunch** is served every day at Noon sharp. Cooks arrive between 10:00 and 11:00 a.m., depending on the menu and required preparing time.
- **Dinner** is served every day at 6:00 p.m. sharp. Cooks arrive between 4:00 and 5:00 p.m., depending on the menu and required preparation time.

We will do our best to accommodate your group's schedule, however, we are required to serve meals at set times. Slots are reserved on a first-come, first-served basis. **To schedule your group, please contact Andrea at (323) 644-2242 or [PATHVolunteers@epath.org](mailto:PATHVolunteers@epath.org)**

#### **STEP 2: CONFIRM YOUR COOKS**

As of November 2016, groups must be **no larger than 6 volunteers**, and each volunteer **must be over 18**. We have made these changes due to kitchen size, and liability concerns. If you are looking to volunteer with your children, please refer to our Lunches for Bunches, Hygiene Kits, Welcome Home Kit, and Welcome Home Programs.

#### **STEP 3: CHOOSE A MENU**

Be creative with your menu! Feel free to "cook up" new menus you think our residents will enjoy.

All volunteers must have their menus approved one week prior to coming in. When planning meals, please keep the diversity of our residents in mind and prepare something that has universal appeal (i.e. nothing that's too spicy or exotic). Please prepare a meal sensitive to our diabetic and vegetarian clients. Serving utensils (plates, plastic-ware, napkins and cups) are supplied. Dessert and beverages are highly encouraged and appreciated.

#### **STEP 4: BUY FOOD & SUPPLIES**

Food and supplies can be purchased at any grocery store, or at bulk food stores like Costco or Smart & Final. We recommend that you purchase supplies a few days in advance to cut down on last-minute errands. If necessary, you can arrange to store your supplies at PATH a few days prior to your meal (if you do this, be sure to package your supplies together and clearly label them with your group name and the date of your meal). **Plan to serve 75 adults at the Los Angeles facility or 30 Veterans at West Los Angeles facility.**

#### **STEP 5: COOK AND HAVE A GREAT TIME!**

On the day of your meal, a PATH staff member will greet your group and provide an orientation to the kitchen. Staff will be on-site at all times to assist your group with preparing and serving your home-cooked meal to our residents. We also encourage to dine with our residents, so make enough for yourself as well!

**Meal preparation tips provided on back!**

# PATH Cooks Los Angeles



## Meal Preparation Tips:

- Food can be purchased in bulk at stores like **Costco** or **Smart & Final**.
- **Pre-assign food preparation tasks** to group members prior to arrival, or prep foods before you arrive.
- **Bring hats, hair ties and bandanas, or be prepared to wear a hairnet** while you prepare the meal.
- If required, **pre-heat ovens and start boiling pots of water immediately** upon arrival.
- Purchase **fresh meats** instead of frozen to cut down on preparation time.
- Assign a **clean-up team** once you finish serving.

Full checklist includes:

- \_\_\_ Completed Volunteer Check In Forms for each volunteer (1 form; double sided)
- \_\_\_ Main dish ingredients
- \_\_\_ Side dish ingredients
- \_\_\_ Dessert, if you are providing dessert
- \_\_\_ Beverages, if you are providing beverages (Ex. Iced tea, lemonade, apple juice)

## Clean Up Tips:

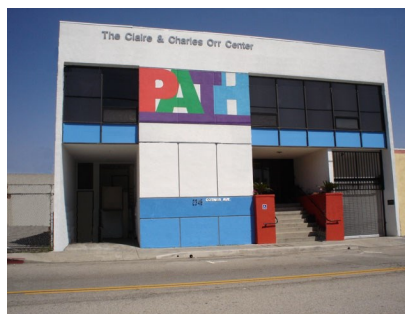
Once you're finished serving, immediately wrap leftovers in plastic wrap, put the date legibly on the wrap, and refrigerate or freeze in shallow containers. Please wash dishes, clean off all open surfaces in the kitchen, sweep the floors, and place items back to where they were found. Make sure that all appliances are turned off before you leave.

*Review our **PATH Cooks Food Handling Tips** prior to coming in as it reiterates these and other important information.*

## PATH Cooks opportunities in Los Angeles



**PATH Los Angeles**  
340 North Madison Avenue  
Los Angeles, CA 90004  
*Prepare to serve 75 adults.*



**West LA Center**  
2346 Cotner Avenue  
Los Angeles, CA 90064  
*Prepare to serve 30 Veterans.*

For more information, please contact Andrea at (323) 644-2242 or [PATHVolunteers@epath.org](mailto:PATHVolunteers@epath.org)



PATH is ending homelessness for individuals, families, and communities. We do this by building affordable housing and providing supportive services throughout California.

To learn more about PATH visit [www.epath.org](http://www.epath.org)

# PATH Cooks San Diego



## Join us in the fight to end homelessness by becoming a PATH Cooks partner!

PATH Cooks is a volunteer program providing home-cooked meals to the residents living in PATH's interim housing facilities.

As our highest need in San Diego, we truly appreciate your interest in providing fresh, healthy meals for our clients in need. Thank you!

### Get involved in 5 easy steps!

#### **STEP 1: SELECT A DATE**

Contact us to select a date, time, and location. Volunteer groups can provide dinner for our residents, which is served at 6:00p. We will do our best to accommodate your group's schedule, however, we are required to serve meals at set times.

Slots are reserved on a first-come, first-served basis. **To schedule your group, please contact: Jaqueline at (619) 810-8606 or [sdvolunteer@epath.org](mailto:sdvolunteer@epath.org)**

#### **STEP 2: CONFIRM YOUR COOKS**

It is ideal to have 6-8 people per cooking event, although we can comfortably accommodate up to 10 volunteers. Because of the large quantities of food that need to be prepared, we request that each group confirms a minimum of 4 people per meal. Cooks must be 18 years of age to participate.

#### **STEP 3: CHOOSE A MENU**

Be creative with your menu! Feel free to "cook up" new menus you think our residents will enjoy. When planning meals, please keep the diversity of our residents in mind and prepare something that has universal appeal (i.e. nothing that's too spicy or exotic).



The PATHCooks program is proud to endorse First Lady Michelle Obama's ChooseMyPlate initiative. ChooseMyPlate is an innovative approach to designing healthy, nutritionally balanced and affordable meals with suggested serving sizes for the 5 food group items, while reducing the amount of sodium, added sugars, and refined grains present in typical meals. We are proud to offer our visitors healthy, balanced meals in line with ChooseMyPlate guidelines.

**Note:** Your menu must be sent to [sdvolunteer@epath.org](mailto:sdvolunteer@epath.org) at least one week prior to your PATHCooks engagement for approval.

#### **STEP 4: BUY FOOD & SUPPLIES**

Please note that you will be purchasing, cooking, and serving food for **130**. Food and supplies can be purchased at any grocery store, or at bulk food stores like Costco or Smart & Final. We recommend that you purchase supplies a few days in advance to cut down on last-minute errands. If necessary, you can arrange to store your supplies at PATH a few days prior to your meal (if you do this, be sure to package your supplies together and clearly label them with your group name and the date of your meal).

#### **STEP 5: COOK AND HAVE A GREAT TIME!**

Be sure to review our Photo Guide, Food Handling Tips, Client Boundaries and Ethics Acknowledgement, and Liability Forms prior to stepping in our kitchen. Thank you, and have a great time! We'd love to see you back again soon. Let us know if you'd like to secure a monthly date (ex. 2nd Tuesday of the month).

**Meal preparation tips provided on back!**



# PATH Cooks San Diego



## Meal Preparation Tips:

- Food can be purchased in bulk at stores like **Costco** or **Smart & Final**.
- **Pre-assign food preparation tasks** to group members prior to arrival.
- **Bring a hat, bandana, or be prepared to wear a hairnet** while you prepare the meal.
- Slice and dice fresh fruits and vegetables **before arrival**, to save time in the kitchen.
- If required, **pre-heat ovens and start boiling pots of water immediately** upon arrival.
- Purchase **fresh meats** instead of frozen to cut down on preparation time.
- In addition to food, **basic utensils** will greatly assist you with clean-up afterwards.

Full checklist includes:

- \_\_\_ Main dish ingredients
- \_\_\_ Side dish ingredients
- \_\_\_ Dessert if you are providing dessert
- \_\_\_ Beverages (Ex. Iced tea, lemonade, apple juice)

We encourage you to be creative in the kitchen and prepare special menus for our residents! We're so excited to have you share your enthusiasm and creative cooking with our clients! Thank you!

## PATH San Diego



**PATH San Diego**  
1250 Sixth Avenue  
San Diego, CA 92101  
*Prepare to serve 90 people.*

For more information, please contact Jaqueline at (619) 810-8606 or [sdvolunteer@epath.org](mailto:sdvolunteer@epath.org)



PATH is ending homelessness for individuals, families, and communities. We do this by building affordable housing and providing supportive services throughout California.

To learn more about PATH visit [www.epath.org](http://www.epath.org)

# PATH Cooks Santa Barbara



**Join us in the fight to end homelessness  
by becoming a PATH Cooks partner!**

PATH Cooks is a volunteer program that supports our Chef in preparing and serving home-cooked meals to the residents living in PATH's interim housing facility.

## Get involved in 3 easy steps!

### STEP 1: SELECT A DATE

Contact us to select a date and time. Volunteers support our Chef in preparing and serving meals during the day until 4:00pm. We ask all team leaders to schedule a tour before their day to volunteer to go over everything that they'll need to know before they volunteer. Please contact PATH to schedule a tour.

- **Breakfast is served by the residents of PATH and volunteers are not needed.**
- **Lunch** is served every day from 11:00am-Noon. Volunteers arrive by 10:00am. We ask volunteers to stay after lunch to help with clean-up of the dining room and any other prep work that is needed in the kitchen. Volunteer teams can be from 6-10 volunteers. We ask all our teams volunteering to be flexible, not all volunteers are needed to serve lunch, some volunteers are needed to help sort food donations and food prep in the kitchen.
- **Dinner** is served every day at 6:00-7:00pm. Volunteers arrive by 5:30 pm, we ask volunteers to stay and help clean-up after dinner. Volunteer teams for dinner are from 4-6 volunteers.



We will do our best to accommodate your group's schedule, however, we are required to serve meals at set times. Shifts are reserved on a first-come, first-served basis. **To schedule your group, please contact JB at [johnb@epath.org](mailto:johnb@epath.org) or (805) 979-9781.**

### STEP 2: CONFIRM YOUR VOLUNTEER TEAM

As of November 2016, groups must be **no larger than 10 volunteers unless discussed before hand**, and each volunteer **must be over 18**. We have made these changes due to kitchen size, and liability concerns. If you are looking to volunteer with your children, please make sure that you have discussed with PATH before hand.

### STEP 3: HAVE A GREAT TIME!

On the day your team volunteers, a PATH staff member will greet your team and provide an orientation to the kitchen. Staff will be on-site at all times to assist your team with any corner or question. We also encourage volunteers to dine with our residents, we always have enough food at PATH!



PATH Santa Barbara  
816 Cacique Str.  
Santa Barbara CA 93103

**For more information, please contact JB at [johnb@epath.org](mailto:johnb@epath.org) or (805) 979-9781.**



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To learn more about PATH visit [www.epath.org](http://www.epath.org)