

Lunch Preparer

The **Lunch Preparer** is part of a team that supports Overnight Staff and the Food Coordinator in providing overnight shelter to homeless women in a safe, caring environment, treating all guests with dignity and compassion. Our guests are given a bag lunch each morning when they leave the shelter. It is our goal to give each individual a delicious and healthy lunch. Lunches can be made at your home or church and dropped off at our shelter.

The **Lunch Preparer** plans, shops, prepares and delivers to the shelter all lunch items. Making lunch can be a group project for schools, Girl/Boy Scout troops, communities, moms clubs, youth groups, etc. Individual lunch items (sandwiches, desserts, etc.) should be individually wrapped but delivered unbagged. Please provide brown lunch bags, however (some groups decorate the bags).

Suggested items:

Please have all items in individual portions - Zip lock bags or pre-wrapped.

1. Thirty (30) total sandwiches, individually wrapped (meat, meat & cheese, peanut butter & jelly, egg or tuna salad) preferably on wheat bread.
 - a. Note that mixed salads such as tuna make the bread soggy, so please deliver these fillings in a container and the overnight staff can spread it on the bread in the morning.
 - b. Consider including 4 or 5 veggie & cheese sandwiches for vegetarians
 - c. Individual tuna salad or salmon salad packages, as well as sardines, are also accepted.
2. Snacks (chips, cookies, snack cakes, peanut butter crackers, granola bars, dried fruit, nuts, candy bars, puddings, apple sauce)
3. Fresh Fruit
4. Canned fruit
5. Yogurt
6. Fresh veggies (carrots, celery)
7. Cup of Soup-noodles
8. Individual Microwaveable soup, ravioli, beef & Mac, Mac & cheese
9. Juice boxes
10. Water
11. White & Chocolate Milk boxes (shelf stable)
12. V-8 juice

E-mail or call the Volunteer Coordinator to schedule a time to deliver the meal, and you will receive a reminder e-mail the week before.

Please send an e-mail to the Volunteer Coordinator (rainbow@rainbowplace.org) and to the Food Coordinator (longrosamont@verizon.net) the week before you deliver letting them know what you plan to bring. This step helps the Food Coordinator create a weekly meal plan to maximize variety and nutrition.

Reports to: Volunteer Coordinator

Length of appointment: Ranges from one-time to once a week throughout the season.

Time commitment: Varies according to meal

Qualifications: Willingness to share your good humor with homeless women and a team of volunteers. Must be able to climb stairs to the third floor.

Support/Training: A Volunteer Orientation will take place on a Sunday in the last two weeks of October and all new and potential volunteers are strongly encouraged to attend this session. All former volunteers are asked to attend this session once every second year. You may always contact the Volunteer Coordinator with any questions and concerns through the season.

Age Requirement: None

Dress Code: None

Form(s) required: (1) Volunteer Application; (2) Waiver of Liability; (3) Confidentiality form (only if you plan to come to the shelter when residents will be there)

Please Note: As per the Montgomery County Student Service Learning program, SSL hours may only be given for volunteer work performed at Rainbow Place.