



To All Pacific House Volunteers,

Whether you have been volunteering for years or are a new volunteer, your involvement means the world to those who need it the most and will be enjoying the food you are providing.

You give our clients a direct message that there are people “out there” who care - that they are valued and respected by members of our community.

To help limit potential exposure to COVID-19, we have a new process for our **Meal-a-Month program**. This will allow us to continue to feed those in need while abiding by new guidelines for you as the volunteer, and us at Pacific House.

Volunteers serving meals at the shelter should:

Continue to use Personal Protective Equipment (PPE) like gloves and masks while you prepare, cook and serve the meal

If your group does not want to cook and serve, you can purchase a meal from a restaurant of your choice and have it delivered at the set time.

OR

Make a monetary donation to pay for an evening meal, and we will handle arrangements with a local restaurant. Soft drinks and dessert would be great, too (iced tea, Soda, Lemonade; cupcakes, cookies, piece of fruit)



MEAL-A-MONTH PROGRAM

For almost 40 years, we've been responding to the needs of men and young adults who struggle with homelessness in Fairfield County.

*Please ensure that no one preparing the meals has been exposed, to their knowledge, to Covid-19 recently and are following all of the proper safety guidelines. Follow the appropriate Personal Protective Equipment (PPE) protocol at all times while preparing or handling the meals. This protocol includes, and is not limited to, facial coverings/masks worn at all times and plastic gloves.

THINGS TO REMEMBER

Each meal **MUST** include the following:

- 8 to 10 ounces of meat or protein
- 1 ½ cups or (3) 4-ounce portions of vegetable
- 1 ½ cups or (3) 4- ounce portions of starch (pasta, rice, potatoes)
- Of course, desserts are always welcome and appreciated by our clients

Please arrive by 5:15 - 5:30 to drop off the food.

Upon arrival, please call the Shelter front desk at **203-348-2792** (dial zero) to let a Pacific House Staff member know that you and your team are curbside. Our staff will meet your team outside and transport the food into our kitchen for serving.

A hairnet, plastic apron, and gloves need to be worn at all times.

Thank you for your help and commitment and all that you do to support **Pacific House** residents. Your donations help us and our mission, which, in turn, helps our community's health and safety.

For further questions about our **Meal-A-Month program**, please contact George Keels, Shelter Program Manager, Mobile Phone 914-299-2492 gkeels@pacifichouse.org



We would love to share this experience with our community of you and your group meal prepping or dropping off the meals at the shelter. If you take any photos or videos, please email them over to events@pacifichouse.org. We will make sure to tag you in our posts!