



## Meal Providing at Transition Projects

Providing a meal at one of our shelters is our most popular volunteer activity. Every night of the year, volunteers ensure that the residents of our shelters have a wholesome meal. The volunteers often leave to the applause, but always leave in the appreciation, of 90 grateful residents.



Here's how to get involved:

### Your Group

Put together a group of 5 to 8 adults, or 8 to 10 children along with a couple of adults, who can provide, cook, and serve a meal for 90 homeless persons. Most groups help with clean up, but the shelter residents will assist if your group does not want to clean.

### Cost

Meals generally cost between one hundred fifty and two hundred dollars, depending on what you choose to prepare.

### Time

Preparation time depends on the meal you serve. Lasagna takes longer than taco salad. Generally, groups cooking onsite will show up

somewhere between 5:00 PM and 5:30 PM. Dinner time is at 7:00 PM and serving generally takes 20 to 40 minutes to complete.

### Locations

The Dr. Rodney Glisan Center is located at 435 NW Glisan (on the corner of NW Glisan and 5th). All meals served at Glisan must be prepared off-site because our kitchen facilities are limited. Meal providers are responsible for bringing plastic eating utensils, paper plates/bowls, napkins, and cups.

The Clark Center is located at 1431 SE Martin Luther King, Jr. Blvd, beneath the Hawthorne Bridge. The Clark Center offers a full commercial kitchen that meal providers are welcome to use. Because of our commercial dishwasher, we are able to provide all utensils, plates, and cups.

### Scheduling

Your group may provide as frequently as you wish. Many meal providers serve monthly, while others serve occasionally. We can schedule you with as little as a week's notice, but your chance of getting the date you want improves if you schedule earlier (weekends are popular dates and fill up quickly). In the fall, we schedule approximately 70 percent of our dates for the upcoming year.

### Parking

There is free street parking around the Clark Center. The parking lot adjacent to the Glisan Street Shelter provides two free parking spaces for Meal Providers between the hours of 6:00 PM and 8:00 PM only. Ask the shelter staff for a Meal Provider pass to place on your vehicle dashboard.

### The Bridge Home

## Recipes

Two great website resources are [All Recipes](#) and [More Big Recipes](#). Please also see the terrific sample recipes on our [website](#) provided by our meal providers.

## Prohibitions

Please do not prepare any food with poppy seeds because they interfere with drug tests that we perform. In addition, because many of our clients struggle with addictions or are in

recovery, we ask that you not use alcohol as an ingredient in any meal—such as wine sauce.

## Get Started

Please contact our volunteer coordinator for more information or to schedule a meal date:

[volunteer@tprojects.org](mailto:volunteer@tprojects.org)  
503.823.4926, x4