

CARITAS BREAKFAST INFORMATION DECEMBER 2018

Prepare to serve 16 women & 18 children; guests may help themselves at 5:45 am. Bus departs 7 am.

Each breakfast should include:

- Cold Cereal (Frosted Flakes preferred)
- Yogurt (at least 20)
- Fruit (34 pieces suggested: mixture of bananas; apples)
- Milk (34 servings)
- Hard boiled eggs (at least 20)
- Orange Juice (34 servings)
- Hot item, such as casseroles, pancakes, egg biscuits. You may prepare in Spence Hall Kitchen (SHK). Arrive/begin preparation in SHK any time after 4:30 a.m. If pork is included in an item, please provide some without it.

NOTE: For Christmas Eve and Christmas Day breakfast will be served at 6:30 a.m.

Coffee/tea) in SHK is by Overnight Hostess, who may also assist with setting out cold breakfast items. Another volunteer can serve and provide cleanup most mornings. Of course, if you or your group would like to serve and be with our guests that would be wonderful. {Hostess can also put to-be-baked items in the oven (those brought in previous day) to jump start the preparation.] Confirm directions if you want this support.

Deliver breakfast items to the Spence Hall Kitchen the day before or at least by 5:30 a.m. on the day you are scheduled to provide breakfast. If you will be serving your breakfast, you are asked to please clean up the kitchen. Others can serve your breakfast if you prefer. To be organized for remaining meals, any remaining food items left in SHK will be donated to homeless shelters.

Please record your individual or group volunteer time in the CARITAS logbook also located in the kitchen. Estimate how much time you spent in providing or preparing your meal items. This is very important to log for CARITAS because they are required to provide this information in their applications for grant money.

If you have questions, please contact:

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For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.... Matthew 25: 35 (NIV)