

Volunteer Meal Guide

An important guide for anyone who volunteers in the kitchen
at YouthCare's Orion Center

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Welcome to YouthCare!

YouthCare builds confidence and self-sufficiency for homeless youth by providing a continuum of care that includes prevention, outreach, basic services, emergency shelter, housing, counseling, education, and employment training. Volunteers and staff build trust and provide services to get young people off the streets and preparing for life.

Thank you for your interest in providing meals at YouthCare’s Orion Center. A single meal provided by a caring group like yours can start the process of helping a homeless young person stabilize and find safety. When a young person walks into the Orion Center, we address immediate needs first. A meal is often the first step in creating a trusting relationship, enabling YouthCare’s staff to address other challenges a particular young person is facing. This guide includes everything you need to know about preparing a meal for the young people at the Orion Center.

YouthCare’s Orion Center

This is the YouthCare location at which your meal service will take place.

Tonight, nearly 1,000 young people in Seattle may end up sleeping under a bridge, in a doorway, in an abandoned house, under a bush, or in any manner of unsafe places. They may be alone or with a friend. They may crash at a “friend’s” in return for doing something unhealthy and unsafe. They might not sleep at all; they’ll walk all night or keep still trying to avoid trouble and waiting for dawn.

Tomorrow, they can come to YouthCare’s Orion Center (the “O.C.” to some, or Orion), at Denny and Stewart. The Orion Center is YouthCare’s hub for services. It offers a safe, open place where youth ages 12-24 can access many services, from meeting basic needs to education and employment training. YouthCare is known on the street, and many find their way to us through word of mouth. Others are referred or brought in. Meanwhile, our street outreach professionals are out in the city during the day and at night, keeping an eye out for new arrivals on the streets while they reconnect with young people they already know.

For more information on YouthCare’s services, check out our website at www.youthcare.org.

Meal Volunteer Expectations

It is mandatory for you and your entire group (if applicable) to understand all of these expectations. YouthCare reserves the right to determine if a volunteer is able to continue to be involved at YouthCare based on these expectations.

Boundaries

Boundaries are limits in a relationship that YouthCare is responsible for establishing and maintaining. Maintaining appropriate boundaries with youth is an important part of youth work. Volunteers must understand what boundaries are and take steps to create healthy boundaries from the very beginning of any relationship with a YouthCare participant. As an adult, you are automatically the person with more power in your relationships with youth. **The one with more power has the most responsibility to maintain appropriate boundaries**, including but not limited to the following:



- A meal shift is limited to the kitchen only. Remain in the kitchen at all times.
- Do not take any photos with, or of, YouthCare clients.
- YouthCare is a non-faith based agency dedicated to ensuring an environment of inclusiveness for people of all religious backgrounds. Refrain from proselytizing in any way, including but not limited to comments, notes on items handed out, t-shirts, etc., when interacting with youth.
- Do not offer or give rides, money, or gifts to youth participants. Volunteers are welcome to donate directly to YouthCare.
- Refrain from the use, mention, or implication of use of cigarettes, alcohol, marijuana, and any other substances in the presence of YouthCare participants. Do not volunteer under the influence of alcohol or drugs.
- Do not share any personal information, including personal stories, opinions, biases, secrets, or the appearance of secrets, phone numbers, addresses, etc. with youth.
- Do not use a cell phone, personal email, or have any personal conversations in the presence of youth.
- Do not extend a relationship beyond the premises of YouthCare facilities with current clients or alumni clients of the agency. This includes, but is not limited to, inviting or allowing participants to come to your home, arranging to meet a participant at a predetermined time/place, or connecting with them on any social media sites.
- Maintain professional relationships with youth. Present yourself to youth and young people as a volunteer not as a friend.
- Volunteers are never therapists at YouthCare; please involve staff in any conversation that needs to be addressed therapeutically.
- YouthCare has a no-touch policy. Remember to be respectful of the personal space of youth and young adults.

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- Never be alone in a room or in a closed-door setting with youth without supervision from YouthCare staff. Never have any sexual, intimate relationship with any young people at YouthCare at any time.

Photography



Limit any photographs you take to the members of your group and the activities inside the kitchen. You may not take pictures of any YouthCare clients (or any youth identifiers, i.e. names, etc.) without YouthCare's express, written consent.

Respect & Non-Judgement

- YouthCare expects that your attitude and conduct while volunteering for YouthCare will be positive, respectful, non-judgmental, and youth-focused. Be respectful of the attire, pronoun preference, culture, beliefs, and opinions of all young people.
- Refrain from imposing or mentioning moral, religious, and political beliefs to YouthCare participants.
- Refrain from using homophobic, racist, sexist, or otherwise derogatory language or other representation.
- Notify staff immediately about any issues with participants, threats of harm, incidents of violence, or any other policy violations.
- Respect what is asked of you by the Meal Coordinator or staff person in the kitchen.

Age Limits

- All volunteers in a meal group must be 18 years old or older.



Dress Code



**CLOSED TOE
SHOES
REQUIRED**

Dress appropriately to be in youth programming, including being mindful of clothing that portrays any substance use, clothing that is too revealing, or any other staff interpretation of what might be inappropriate. Clothing with offensive, racist, or inappropriate pictures or words are prohibited.

Wear **closed toed shoes** that have a non-slip sole.

Wear comfortable clothes for cooking.

Anyone not dressed appropriately will not be able to volunteer.

Appreciation

The youth and staff appreciate the nutritious and delicious meals you provide. Keep in mind that youth who are hurting and in crisis may not portray this gratitude in an appropriate or expected way.

Incident Reporting

We work hard to make the kitchen a safe place to volunteer, however, if you ever encounter a situation that involves injury, conflict, or other occurrence, please immediately inform a nearby staff member and inform the YouthCare Community Engagement & Volunteer Manager at randi.mckenna@youthcare.org at your earliest convenience. Our organization would like to work with



you to document this incident so we can continue to improve the safety of our facilities and take any necessary action.

Confidentiality

The Orion Center abides by a stringent confidentiality policy. A young person’s connection to YouthCare is confidential for their entire lives.

- Please do not reveal young people’s names or identities to anyone other than staff; this policy includes sharing information with other clients.
- Please respect and maintain the confidentiality of all YouthCare participants for their entire lives with few exceptions. *Decisions regarding the disclosure of participant confidentiality will be made by YouthCare staff.*
- If you encounter YouthCare clients outside a YouthCare facility, please respect their confidentiality. Let the young person initiate contact if they so choose. Please maintain the boundaries listed above in a caring, yet firm manner.

Fire

In the case of a fire in the kitchen, please inform a staff member if they do not already know and exit the building calmly. To prevent fire in the kitchen, please check the grease traps in the grill before every use and clean them out after every use.

Accessibility

The kitchen at The Orion Center is not wheel chair accessible. Volunteers should be able to stand for at least part of the meal shift. Please contact meals@youthcare.org if you have any questions.

Mandatory State Reporting

All YouthCare staff members are mandated reporters, which means they are legally bound to report intentions of suicide, homicide, and cases of child/elder abuse to the proper authorities. Immediately tell a staff member if a youth discloses anything of this nature to you.

Non-Discrimination Statement

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave SW, Washington D.C., 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Questions or Issues? Contact meals@youthcare.org or (206) 204-1412.

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Frequently Asked Questions

Scroll down or click on the question to see the answers to the following questions:

What happens during a meal shift?

I want to bring a group. What is a typical meal group like?

Can my kids serve a meal with me?

How big can a meal group be?

Will we have help from YouthCare staff?

What are the food preparation options?

What kind of food can I donate?

Can I donate money instead of bringing food?

Can I show up early? Or can we drop off food before our meal shift?

What should we serve?

What kind of nutrition is important for homeless youth?

How much food should we plan to bring?

What kind of tools are in the kitchen? What should I bring?

Do I need a Food Handler's Permit?

What kind of paperwork do meal volunteers need to fill out?

Where do I park?

What do I do if I'm running late or have to cancel?



What happens during a meal shift?

A volunteer meal shift includes the following elements:

Cook!



This includes chopping, sautéing, slicing, cooking, baking, and composing a complete meal with protein, veggies, and something sweet. Once the meal is ready, it is set up in the meal service windows so that the meal is ready to serve at exactly the time the meal service begins. While cooking, all volunteers must wash hands frequently and wear gloves.

Serve!

- The meal should be ready to go at meal time sharp (lunch: 12:30pm or dinner: 6:00pm). Youth will begin lining up for food on the northwest side of the kitchen counter, nearest to the front door.
- During the meal service, it will look much like a cafeteria. Youth will line up, take a tray, and volunteers will serve each dish as youth pass the meal service window. Each volunteer should have a dish to serve, and one volunteer should be stationed to wash dishes during the meal.
- All volunteers who are serving food must wash hands thoroughly with soap and wear plastic gloves to serve.
- Assign someone to clean dishes while the meal is being served as there is usually a need to replenish the utensils, bowls, and plates for the rest of the meal.
- Youth can have second portions once an announcement is made. Please announce the opportunity for youth to get seconds 15 minutes after the meal start time.
- You are welcome to eat any leftovers once youth have had seconds. If there are enough leftovers to utilize for the Young Adult Shelter (YAS) that night, the staff will save the food for YAS.



Clean!

- This is an important part of your meal shift. The goal is for everything to be cleaned and put away according to the “clean-up times” listed below.
- The entire group will work together to package and label food appropriately, finish all the dishes, wipe all surfaces with the sanitizing cloths provided, clean up the griddle if applicable, take out compost, etc.
- There is a clean-up list in the kitchen to lead you through the basics of getting the area prepared for the next meal. If you have any questions about any items on the list or see something missing, please do not hesitate to ask a staff person.



Refer to the chart below for the actual timing of the shift:

	Entire meal shift:	Cooking times:	Meal-serving times:	Clean-up times:
Breakfast	7:30am - 9:30am	7:30am - 8:30am	8:30am - 9:00am	9:00am - 9:30am
Lunch	11:00am - 1:30pm	11:00am - 12:30pm	12:30pm - 1:00pm	1:00pm - 1:30pm
Dinner	4:30pm - 7:00pm	4:30pm - 6:00pm	6:00pm - 6:30pm	6:30pm - 7:00pm
Sat. Brunch	10:00am - 1:00pm	10:00am - 11:00am	11:00am - 1:00pm	12:30pm - 1:00pm

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I want to bring a group. What is a typical meal group like?

Bring family, friends, coworkers, book club, church group, anyone!

This experience works great as an opportunity for team building, group bonding, or celebrations (i.e. birthdays, holidays, and anniversaries).



Can my kids serve a meal with me?

All volunteers must be at least 18 years old in order to participate.

How big can a meal group be?

The appropriate group size depends on the meal being served. In general, an ideal group has 3-8 people. With a group larger than eight, it gets crowded and our youth get overwhelmed. If your group is larger than 8, there are several options. Split your group into two smaller groups, and:

- Take turns serving every other month.
- *Or* one group can serve lunch and the other group can serve dinner.
- *Or* one group can serve lunch one day and the other group can serve lunch the next day.
- *Or* remain together as one group and help at another group project at one of our many programs; contact volunteer@youthcare.org for availability to schedule a group project for 12+ people.

	Maximum Group Size
Breakfast	6 volunteers
Lunch	8 volunteers
Dinner	8 volunteers
Saturday Brunch	6 volunteers

Will we have help from YouthCare staff?

Yes! Emily, our Meal Coordinator at the Orion Center, or another staff person will be assigned to help you get situated in the kitchen, guide the meal shift, and make sure you have what you need. You may have been working with someone else to coordinate your meal shift, and while they may not be there, you will be in good hands with a staff person at the Orion Center.

What are the food preparation options?



1. Bring uncooked, unprepared food only and cook it in YouthCare's commercial kitchen.
2. Donate money to cover the cost of food. Visit the [donation page](#) on YouthCare's website, and in the comment section when you are donating, please indicate your donation is intended for meal service at the Orion Center.
3. Simply, volunteer. We can make arrangements to ensure food is there when your group volunteers. Regardless, your helping hands and smiling faces are invaluable and our community's homeless youth still need your help. Please contact meals@youthcare.org to discuss your options or with questions.

What kind of food can I donate?

- Donated food cannot have been cooked in a residential kitchen.
- All donated food must be unopened and prepared in a commercial kitchen in the presence of someone with a Food Handler's Permit. YouthCare's kitchen is a commercial kitchen, so meal groups who have no access to a commercial kitchen must prepare their meal in the YouthCare kitchen.



YouthCare understands that food donated for a meal is intended to serve homeless youth. If there are leftovers, the staff will determine if there is enough food to serve at that evening's Young Adult Shelter (YAS). Otherwise, staff will ask volunteers if staff who have worked the lunch shift or are going to engage with youth during that meal shift can partake in the leftover food only after all youth have had a chance to get second helpings.

Can I donate money instead of bringing food?

Yes. A meal planning and food ordering service is now available! We now offer the service of meal planning and food ordering for your group. This means that you can speak with Emily, our Meal Coordinator, ahead of time and she will have unprepared food waiting for your group when you arrive. This is a service so your volunteer time can be used to prep, cook, serve, and clean at the Orion Center without the extra burden of planning and purchasing the food directly. YouthCare is able to stretch money farther because of our relationship with Food Lifeline and donations from other food sources. This means that we use your donation over time towards our food program so that we can continue to serve healthy meals throughout the year.

This may require some flexibility; this service will allow the Orion Center to use fresh vegetables and unprocessed foods in a timely fashion so meal plans will be based around what is available. If you would prefer to purchase some of the ingredients such as the meats and dairy and then use other supplies we have on-hand, please contact Emily. If you are interested in this service, please contact Emily at emily.penna@youthcare.org or (206) 724-0964.

Can I show up early? Or can we drop off food before our meal shift?

Please contact meals@youthcare.org if you are doing anything at YouthCare outside of the agreed upon times. We want to make sure staff are prepared for you and can help you when you arrive.

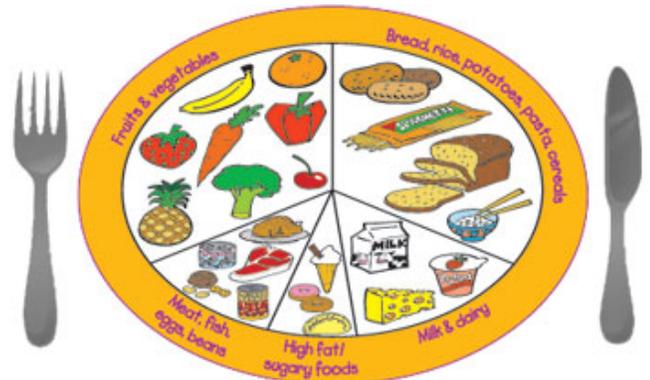
What should we serve?

A main dish should include:

- At least one meat option and one protein-based vegetarian option
- Vegetable or green salad
- Bread or carbohydrate, preferably whole grain
- Sweet dessert or fruit
- Three gallons of milk and/or juice

Meal Suggestions - Get Creative!

- Ham/Veggie Greens, Black Eyed Peas



- Roast chicken or turkey with rice and salad

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- Barbecue Sandwiches
- Sloppy Joes and fruit salads
- Turkey with Dressing/Gravy
- Red Beans and Rice (with/without Meat)
- Hot Dogs or Hamburgers with Baked Beans
- Chicken or Turkey Pot Pie
- Chicken and Dumplings
- Chili, Beef Stew, or Hearty Soup with corn bread
- Meatloaf and mashed potatoes

What kind of nutrition is important for homeless youth?

Youth crave nutritious food. They rarely get a good, healthy meal and often have to survive on junk food. They love fresh fruits and vegetables! Protein is an especially important part of the meal you are serving. Our young people often do not have access to healthy, non-processed proteins. This means that whole chicken thighs or breasts, sliced beef, and shredded turkey are all great options.

- Get creative! Our youth get their fair share of pasta dishes. They always appreciate a little variety.
- Use very little onion. As is the case with any young person, onions are not a popular vegetable with our youth.
- Sneak in the vegetables! Shredding beets or zucchini into almost any casserole or baked meat dish can add nutrition and flavor to a dish. Our youth enjoy familiar flavors, but are also excited to have extra veggies in their dishes. Due to food allergies, we do need to disclose all ingredients – but that doesn't mean they have to be visible or recognizable.

How much food should we plan to bring?

Refer to our [suggested quantities page](#) later in this guide to get some tips on food quantities. We see slight seasonal shifts in numbers of youth (ages 13-22) for lunches and dinners:

- Fall, winter, and spring: prepare enough to serve 35-45 youth
- Summer: prepare enough to serve 25-35 youth
- Breakfasts and Saturday brunches are generally smaller with 20-25 youth.

Double a normal recipe serving to equal an “adult-size” portion. A “serves eight” recipe will really feed four of our youth. When purchasing food, watch for sales at the markets or try Cash&Carry or Costco.

What kind of tools or utensils are in the kitchen? What should I bring?

Resources in the YouthCare kitchen include the following:

- Two large sinks for food prep
- One industrial-sized flat-top grill with enough space to cook 40–50 burgers at a time
- One industrial-sized stove with six burners
- Two large ovens with two large racks
- Big pots and pans
- Large woks
- Large mixing bowls
- Rice Cooker
- A mixer
- A food processor
- Utensils, plates, and bowls for youth ****please do not bring any disposable dishes****
- Restaurant-grade dishwasher and sanitizer
- Large counter area



Do I need a Food Handlers Permit?

Volunteers are not required to have a Food Handler’s Permit because a staff member with a Food Handler’s Permit will be present in the kitchen with you. However, please refer to page 12 to learn about what we expect of you and food safety.

What kind of paperwork do meal volunteers need to fill out?

Every person who volunteers in YouthCare’s kitchen should legibly sign in on the volunteer binder every time they volunteer. If you are a group leader, you are responsible for making sure each member of your group signs in.



By signing in on the volunteer binder you hereby release, indemnify, and hold harmless YouthCare, its officers, directors, and employees, and the organizers, sponsors, and supervisors of all volunteer activities from any and all liability in connection with any injury you may sustain (including any injury caused by negligence) in conjunction with your volunteer time at YouthCare.

Background checks or other paperwork are not required for meal groups prior to meal shifts unless there is prior knowledge of or disclosure of past convictions. YouthCare reserves the right to end your status as a volunteer at any time.

Because most meal volunteers are not background checked, we ask all volunteers to stay in the kitchen and refrain from having any direct interaction with youth.

Where do I park?

Please refer to our [driving and parking directions page](#) for ideas on where to park.

What do I do if I’m running late or have to cancel?

We plan meals very carefully based on volunteers’ commitments. If anything changes, please keep us in the loop at all times. Use the chart below to know what to do when you are running late or need to cancel.



If you...	...are running late for your meal shift:	...need to cancel & it is within 48 hours of your shift:	...need to cancel & it is more than two days before your shift:	...want to make changes to your group’s regular schedule:
Contact	Orion Center (ASAP)	Orion Center	meals@youthcare.org (206) 204-1412	meals@youthcare.org (206) 204-1412
Contact Info	(206) 622-5555	(206) 622-5555	meals@youthcare.org (206) 204-1412	meals@youthcare.org (206) 204-1412

Questions? Contact meals@youthcare.org or (206) 204-1412.

Food Safety

It is important that YouthCare comply with Health Department Codes, so please be sure your group is aware of the following 10 simple food safety reminders while in the kitchen.

Wash your hands

Proper hand washing is the number one way to prevent food-borne illness. Wash your hands well for twenty seconds with soap and warm water. Clean under fingernails, between fingers, and up past your wrists. Wash hands after using the restroom (once in the bathroom and once on returning to the kitchen), after handling raw meat, after handling garbage or dirty dishes, after sneezing/coughing/blowing your nose, or touching your face/hair, after handling animals or using chemicals, and any time they are soiled. Hand sanitizer is not a replacement for washing hands.



Wear Gloves

Wear a bandage and gloves if you have open or healing wounds on your hands. For added protection, we ask that anyone working with ready-to-eat food wear gloves in the Orion kitchen. We provide non-latex gloves in all sizes.

Be Healthy

When sick, do not work in the kitchen. All members of the group who are volunteering need to be 100% healthy. You CANNOT volunteer in the kitchen if you have experienced a fever, diarrhea, a persistent cough, or runny nose in the last 24 hours.



Keep hot food hot and cold food cold

Food must be below 41°F or above 135°F at time of service. There are thermometers in the kitchen to check temperatures.



Avoid cross-contamination

Wash hands after handling raw meat. Wash and sanitize all food-contact surfaces after preparing raw meat. Prepare raw meat away from other foods. Store raw meat below other foods in the fridge and freezer.

Transportation of Food

Food prepared off-site must have been cooked in a *commercial kitchen* in the presence of someone with a Food Handler's Permit and then must also be transported at safe temperatures in compliance with [Washington State health codes](#).

Frozen foods like meatloaf and lasagna must be thawed prior to reheating. Make sure food is properly thawed if you are preparing food provided by others.

Avoid chemical contamination

Store chemicals below the dishwashing area. Never store chemicals above food prep surfaces or dish processing areas.

Never serve food off the floor

Ready-to-eat food that falls on the floor should be disposed of. Food that hasn't yet been prepped can be washed again and then utilized. Change out any utensils that fall on the floor for clean ones.

Do not towel dry dishes

Dishes must be air dried not towel dried. They don't have to be perfectly dry to put them away, but should be stacked upside down for drainage.

Sanitize areas before and after use.

We are equipped with a pre-mixed sanitizer solution. Staff can help you change the red sanitation bucket at the beginning of your shift.



Do not let food sit out

Food that has not been refrigerated or hot-held must be disposed of after 4 hours. Food older than 7 days should also be disposed of. Food that is still hot or warm should be put onto the designated refrigerator shelf uncovered or in an uncovered container that is less than 2" deep.

Suggested Quantities

This is not an exhaustive list, but will help you start figuring out what quantities to purchase. Remember, if you would like to arrange meal ordering with our Meal Coordinator, Emily, we can purchase food and have it on hand for your shift.

Meat	Serving Size Per Person (SSPP)	Servings Per Unit (SPU)	Unit	Amount Needed to feed 60 (AMT)
Meat Main Dish (i.e. meatloaf, roast beef,	6-8 oz.	2-3 servings	1 lb.	23-30 lbs.
When Meat is not the Main Dish (i.e. burritos, stir fry, etc.)	3-5 oz.	2-3servings	1 lb.	22 lbs.

Baked Goods	SSPP	SPU	UNIT	AMT
Sliced Sandwich Bread	1-2 slices	17-20 slices	1 loaf	3-4 loaves

Grains/Legumes	SSPP	AMT (dry)	AMT (cooked)
Macaroni	½ - ¾ cup	15-22 cups	30 - 44 cups
Rice	½ cup	13 cups	32 cups
Bread Stuffing	1-1½ oz.		27 cups
Dried Beans	½ cup	10-11 cups	32 cups
Barley for Soup	½ cup	7½ cups of dry barley	3 gallons

Dairy Products	SSPP	AMT
Cheddar Cheese	1¼ - 1½ oz.	3½ - 4½ lbs.
Milk		2 gallons

Fruits	SSPP	SPU	Unit	AMT
Whole fruits	¼ - ½ cup	10	1 lb.	10-13 lbs.
Canned	½ cup	24	96 oz. can	2-3 cans
Juice				3 gallons

Vegetables	SSPP	SPU	Unit	AMT
Green Beans	4 oz.	3 cups fresh or 2 ½ cups cooked	1 lb.	11 lbs. (fresh) or 13 lbs. (cooked)
Broccoli	4 oz.	2 cups of flowerets	1 lb. head	15 heads
Shredded Cabbage	1-2 oz.	16-30	2 lbs. (1 medium)	2 medium heads
Mashed Potatoes	4 oz.	3	1 lb. (3 medium)	21 lbs.
Scalloped Potatoes	5 oz.	3½	1 lb. (3 medium)	16-18 lbs.
Sweet Potatoes	5 oz.	3½	1 lb. (3 medium)	16-20 lbs.
Baked Squash	4 oz.	3½	1 lb.	17 lbs.
Canned vegetables	3 oz.	24	96 oz. can	2-3 cans

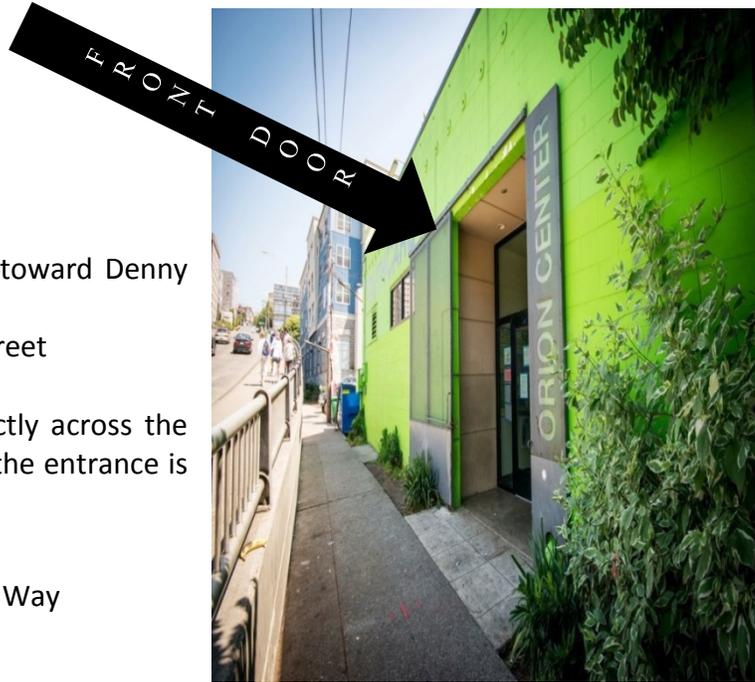
Salads	SSPP	AMT
Lettuce	1/10 th of a head of lettuce	6 heads
Spinach Salad	1 oz.	6-7 lbs.
Fruit Salad	1/3 cup	5 quarts
Potato Salad	½ cup	7-7½ quarts
Salad Dressing	1 tablespoon	1½ - 2 pints

Desserts	SSPP	SPU	Unit	AMT
Angel Food and/or Layer Cake	1-2 slices	12-14 slices	10" Round	4-5 cakes
Sheet Cake	2" x 2½"	40 slices	12" x 20"	2 cakes
Ice Cream	4 oz. (1 scoop)	32 scoops	1 Gallon	1-2 gallons
Pie	1 slice	6 slices	8" Round	10 pies

How to get to YouthCare's Orion Center

The Orion Center is located at the intersection of Denny, Stewart, and Yale. Though the address is on Yale Avenue, the front door of the building is on Denny (green), or the north side of the building.

YouthCare's Orion Center
1828 Yale Avenue
Seattle, WA 98101



Driving Directions:

From I-5 Southbound

1. Take exit 166 for Stewart Street toward Denny Way
2. Take a slight right onto Stewart Street
3. Turn left on Yale Avenue
4. The Orion Center is located directly across the street from 24 Hour Fitness, and the entrance is on the north side of the building.

From I-5 Northbound

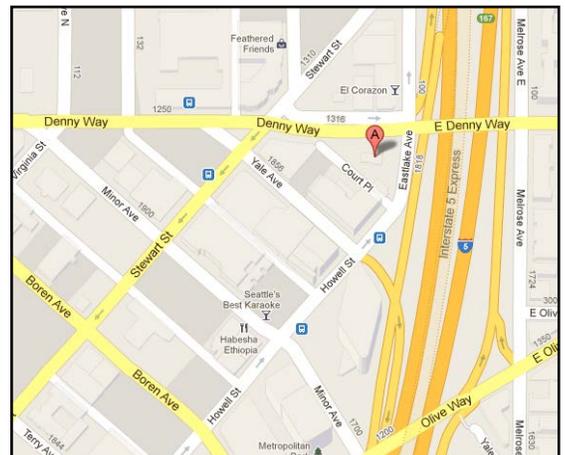
1. Take exit 166 to merge onto Olive Way
2. Turn left at E Denny Way
3. Turn left at Stewart Street
4. Turn left at Yale Avenue
5. The Orion Center is located directly across the street from 24 Hour Fitness, and the entrance is on the north side of the building.

There is often very heavy traffic around the Orion Center; please take this traffic into consideration as you commute to volunteer.

Parking

YouthCare does not own any parking downtown. There is only pay-to-park street parking or lot parking near the building, and it can be limited so allow yourself enough time to park and still arrive promptly for your shift. We suggest carpooling, if you can. The parking meters do not need to be paid after 8:00pm.

There is a loading zone on the Yale Avenue side, and the main entrance is on the Denny (green) side. You may stop in the parking lot behind the Orion Center to drop your food off, but please park on the street or in a paid lot when you are going inside to help prepare and serve meals.



Thank you for your energy and support!

And if you want to do more...

- Bring snack items such as sealed granola bars, trail mix, or Cup of Noodles for use by our Street Outreach Team.
- Bring 2 family-size, frozen lasagnas for the Young Adult Shelter to use that night!
- Bring 2 gallons of milk, a dozen eggs, or unopened, shredded cheese. Dairy products are expensive and always appreciated and eaten at the Orion Center.
- Bring 2 gallons of 100% or low-sugar fruit juice.
- Bring other needed items like new boxers and deodorant for youth to utilize. Find out more about our current needs on [our website](#).



Other ways to help out

Provide Much-Needed Items

With the help of caring community members, YouthCare keeps homeless young people safe and healthy by fulfilling basic needs such as new underwear, new socks, gloves, blankets, and hygiene supplies.

These needs are year-round. Please consider hosting a community drive with your friends, family and coworkers to collect items. It's easy, and the rewards are endless. Imagine being able to make sure that a 15-year-old living on the streets has the coat and gloves they need to stay warm, or a 19-year-old has a toothbrush and toothpaste to keep their teeth healthy.

For more information about donating items, contact us at donations@youthcare.org or visit [our website](#) for more information.

Consider Other Volunteer Opportunities

We have individual volunteer opportunities ranging from tutoring to gardening to cleaning and facilities support. Visit our website at <http://www.youthcare.org/volunteeropportunities> for more information.

Dollars for Doers

Some employers have programs that encourage volunteering. For example, in the "Dollars for Doers" program, an employer may match every volunteer hour donated by an employee with money. It's a great way for your gift of time to be multiplied at no cost to you! Ask your Human Resources department if your company participates in volunteer-hour matching.

Questions?

Please contact meals@youthcare.org or (206) 204-1412 if you have any questions about anything in this guide.

And, again thank you from YouthCare!