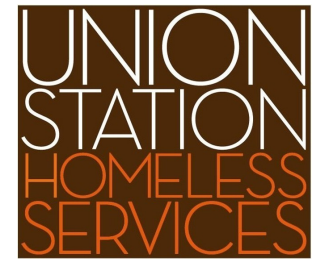


ADOPT-A-MEAL PROGRAM

Union Station Homeless Services is in need of volunteer groups... family, corporate, faith based, civic or social groups... to provide hot meals for our homeless clients. Please contact us!

For more info call [626-240-4550 x124](tel:626-240-4550) or email volunteer@unionstationhs.org



HOUSING + EMPLOYMENT + LIFE SKILLS

***All groups may use Union Station's Commercial Kitchen.**

Family Center Dinners

825 E Orange Grove Blvd.

Pasadena

Arrival: 5:30pm

Dinners served at 6:30PM

- **About 50+ hot, nutritious meals** for our families.
- **Once a month for 12 months**
- **Main Dish** (no pasta or pizza please!)
- **Vegetable**
- **Starch** (potatoes, rice, pasta)
- **Salad**
- **Dessert**
- **Beverage** (fruit juice, punch or tea and must include 1 gallon of milk)

Adult Center Dinners

412 Raymond Pasadena

Arrival: 7pm

Dinners served at 8PM

- **50+ plus hot, nutritious dinners**
- **Once a month for 12 months**
- **Main Dish** (no pasta or pizza please!)
- **Vegetable**
- **Starch** (potatoes, rice, pasta)
- **Salad**
- **Dessert**
- **Beverage** (fruit punch, iced tea, lemonade or fruit juice)

Adult Center Weekend Breakfasts & Lunches

412 Raymond Pasadena

Breakfast: Arrival: 8AM

Served: 9AM-10AM

Clean up: 10AM-10:30AM

Lunch: Arrival: 10:30AM

Served: 12PM-1PM

Clean up: 1PM-2PM

- **120-200 hot, nutritious meals**
- **Once a month for 12 months**
- **Either breakfast or lunch** (not both)
- **Breakfast**
 - **Main Course or Combo** (i.e. omelets or sausage and pancakes)
 - **2 Complimentary sides** (fruit, toast, potatoes, sliced tomatoes, cottage cheese, etc.)
 - **Beverage** (juice and 1 gallon milk)
- **Lunch**
 - **Main Dish** (no pasta or pizza please!)
 - **Vegetable or Fruit**
 - **Starch or Snack** (potatoes, rice, pasta or granola bars)
 - **Dessert**
 - **Beverage** (juice, iced tea or lemonade)



Adopt-A-Meal Guidelines

Union Station Homeless Services

Cancellations:

1. Please call the Volunteer Department **three days in advance** if you are not able to provide the meal. (626) 240-4550 x124, (626) 240-0720 or email at volunteer@unionstationhs.org
2. If there is an emergency of if you cannot make it, call the Adult Center or Family Center directly.
Adult Center: 412 S. Raymond Ave. Kitchen (626) 240-4550 x310, or Security (626) 240-4550 x309, 305
Family Center: 825 E. Orange Grove Bld. (626) 255-0889

Ending Program:

Call the Volunteer Department if you are unable to continue the program. (626) 240-4550x125 or email volunteer@unionstationhs.org

Food:

1. Each group must purchase and bring their own food, even on Saturday and Sundays. Do not use the food at the Center.
2. Please make sure you are making enough food. For counts please call our Food Services Manager directly. (626) 240-4550 x301 or call the center directly on the afternoon of your meal for the precise number.
3. Please put any extra food in the refrigerator so that we can use it the next day.

Meals:

1. Come in on time: NO LATER THAN one hour before the meal time. For dinner this means 5:30pm at the Family Center and 7:00pm at the Adult Center.
2. Clean up after yourself. Put items back where you found them.
3. Do not pre-dish the meals.
4. For the Family Center, please bring a gallon of milk for the children.
5. No pasta or pizza.
6. Variety of foods served: be creative!

Tardiness DINNERS:

If you are going to be late, meaning you will not arrive by 6:00pm at the Family Center or 7:30pm at the Adult Center, please call the contact at your designated facility listed above. If you do not call, staff members will begin to prepare an emergency meal from back up food stuffs in our pantry and then we have two meals on our hands.

**Remember, USHS wants to know the hours that you have volunteered.*

Adult Center: Check in via barcode

Family Center: Initial your name on the Posted Adopt-A-Meal Calendar.