## **Adopt-a-Meal Program**

Looking for an impactful volunteer opportunity for your team or ogranization?

Union Station Homeless Services relies on the support of volunteer groups to provide daily home-cooked meals to shelter residents and community members in need. If your family, corporation, or civic group would like to cook and serve a meal at one of our shelters, consider sponsoring an Adopt-a-Meal!

### **Option 1: Cook a Meal**



Select a menu of your choice, shop for the ingredients, cook the meal in one of our kitchens (Family Center or Adult Center), and plate & serve the meal to our residents.

# Option 2: Purchase from a Local Restaurant

Purchase the meals from a local restaurant and drop them off at our shelters or have it delivered! Our staff can then serve the meal on your behalf!





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### **Kitchen Safety Guidelines**

- All volunteers must be at least 13 years old to volunteer (13 with a chaperone, 16 to volunteer without)
- Please wear closed toed shoes and long pants for your safety and protection
- All volunteers must read and acknowledge a USHS liability waiver

### **Group Capacity:**

- At our Family Center, we can accommodate up to 8 volunteers
- At our Adult Center, we can accommodate up to 10 volunteers.

#### **Other Ways to Help!**

- Supplementing the meal with a gift card to Smart and Final.
  \$200-\$300 will help our kitchen staff continue to serve a hot meal to our clients
- Donating raw products, breads, fruits, vegetables, canned foods, or meats

#### **Addresses**

- Adult Center: 412 S Raymond Ave, Pasadena, CA 91105
- Family Center: 825 E Orange Grove Blvd, Pasadena, CA 91104

