



SAN FRANCISCO CHILD ABUSE
PREVENTION CENTER

VOLUNTEER OPPORTUNITY: Cook Dinner for Local Families



Each week, the San Francisco Child Abuse Prevention Center (SFCAPC) hosts family dinners for up to 40 parents and kids. All dinners take place from about 5 PM – 6 PM and end just in time for guests to attend support groups, workshops, and club meetings offered at SFCAPC's TALK Line Family Support Center in Haight-Ashbury – 1757 Waller Street, San Francisco, CA 94117. As a family dinner volunteer, you'll help lessen weeknight stress for families traveling from work and school to get to SFCAPC programs. Give families a free meal, a night off, and a chance to build a social network – sign up to cook an upcoming family dinner today!

Volunteer Responsibilities

- **Rally** 2-5 friends, relatives, classmates or co-workers to join your volunteer team
- **Plan** a menu and purchase food supplies for up to 40 parents and kids. We will reimburse volunteers up to \$75
- **Cook** your meal at SFCAPC or at an off-site kitchen of your choice – catered meals are also welcome
- **Serve** your meal, dine with families, and clean up

Visit www.sfcapc.org to get involved!

Frequently Asked Questions

What dates are volunteers needed?

Please [view the calendar](#) on sfcapc.org. Available dates will have “Cooks Are Needed” in the title. Dinner takes place consistently every Tuesday of the year. Dinners on other weeknights are more sporadic and are scheduled to coincide with parenting workshops that run for about 5 – 10 consecutive weeks. To reserve a date, email volunteer@sfcapc.org.

Will there be other volunteers to help me?

No. A lead volunteer is expected to reserve a date, then rally their friends, relatives, or co-workers to join their volunteer team. The SFCAPC Volunteer Coordinator will be available to provide support during the dinner, but volunteers are strongly encouraged to recruit at least one additional helper.

Do I have to purchase and shop for the food myself?

Yes. Volunteers are expected to plan the menu, purchase all the necessary supplies and complete shopping/catering orders accordingly. SFCAPC will reimburse volunteers up to \$75 if requested. Please provide a receipt if you wish to be reimbursed and a check will be mailed to you 1 – 2 weeks after the date of your dinner.

Can my volunteer team be bigger than 6 people?

If you're planning to prepare dinner only - **No.** If your volunteer team is open to doing additional tasks - stuffing envelopes, organizing clothing donations, etc. - larger groups can sometimes be accommodated. In general, this opportunity is best for groups of 6 or fewer. Please inquire if you're interested in bringing a larger group.

What time do I need to arrive?

On Tuesdays, dinner is served promptly at 5:15 PM and a typical agenda is as follows:

- 3:30 PM – 5:00 PM Prepare Dinner & Set up Room
- 5:15 PM – 6:00 PM Serve Dinner
- 6:00 PM – 6:30 PM Clean-up

Volunteers can arrive at SFCAPC as late as 4:45 PM, with a fully prepared meal in hand, or arrive a few hours early to cook the meal onsite. Schedules vary for dinners served on other days of the week – please consult [the calendar](#) on sfcapc.org for details.

How many guests attend a typical dinner and how much should I cook?

For Tuesday Night Dinners: Average attendance is about 30 guests and varies from week to week. Please plan to **prepare enough for 35** – that's 12 - 15 kids, 12 - 15 parents/guardians and about 5 extra servings for safe measure (volunteers normally eat the extras!) When in doubt, buy/prepare too much.

For Other Dinners: Attendance varies. [View the calendar](#) on our website for details.

What should I cook?

Each dinner menu consists of a pork-free main dish, a vegetarian option, salad, at least one side dish, and fruit. Beverages are restricted to water and desert is not served. Please keep multiple dietary restrictions in mind (ie: gluten free, dairy-free, etc.) by serving items in question on the side. Volunteers are encouraged to get creative! Sample menus are attached.

What is the cooking area like? What is the serving area like?

SFCAPC has two **very small, non-commercial** kitchens. Both are equipped with a stove/oven and refrigerator. Volunteers are strongly encouraged to get a head start on food prep before arriving at the center – you will be working in a **cramped, shared space**. Dinner is served in a cafeteria-style serving line made from two waist-high toy shelves pushed together in an L-shape (see photo on first page). Food is placed on the shelves, volunteers stand behind them, and dinner guests stand in front of them. There are no heat lamps, glass barriers, or other commercial-grade cafeteria equipment.

Will SFCAPC provide anything like serving utensils, plates, spices, etc.?

Yes and no.

What we have:

- Paper plates, plastic forks, napkins and paper cups for dinner guests
- Water, ice and pitchers for each dinner table
- Basic kitchen utensils and appliances – pots, pans, serving utensils, serving bowls, cutting boards, chef knives, etc. + 2 gas stoves

What we do NOT have: paper bowls; pantry essentials like butter, condiments, flour, olive oil, spices, etc.; much more!

Please consult with the Volunteer Coordinator at least 1 week prior to your service date to ensure your volunteer group is prepared to supplement our limited supplies if necessary.

Where can I park? How do I unload my food supplies?

Our building is located in the Haight-Ashbury neighborhood at **1757 Waller Street, San Francisco, CA 94117**. We are in a renovated firehouse sandwiched between a pinball arcade and a yoga studio. You can "double-park" in front of our building, ring the buzzer, then ask for the Volunteer Coordinator who will assist you with unloading your car. Once unloaded, your parking options are as follows:

- Free, 2-hour parking on Waller and surrounding streets
- Free, 3-hour parking in nearby Golden Gate Park
- Free, all day parking about a 10-minute walk away on Oak and Fell streets.
- Metered parking on Stanyan, our closest cross street
- \$3 per hour parking in The Kezar Stadium Lot located at 825 Stanyan

Tickets are issued very aggressively in our area - please plan to plug your meter, move your car, carpool/lyft/uber/muni accordingly.

Menu Ideas

Need some inspiration? Here are a few crowd-pleasing menu ideas. Volunteers are encouraged to get creative. Prepare your personal specialties or favorite dishes from your own family!

Main Dish <i>Please choose entrees that do not contain pork.</i>	Vegetarian Option <i>A separate veggie option may not be necessary if a salad and at least 2 veggie side dishes are served.</i>	Salad & Side Dishes	Fruit & Extras <i>Fruit is served rather than desert. Choose any fruit to compliment your meal and serve whole, sliced, or as a salad.</i>
Chicken or Beef Tacos or Quesadillas	Bean, Rice, & Sautéed Veggie Tacos or Quesadillas	<ul style="list-style-type: none"> • Spanish Rice • Beans 	<ul style="list-style-type: none"> • Tortilla chips • Guacamole, sour cream, cheese, chopped onions, cilantro salsa • Fruit of choice
Chicken Fettucine Alfredo	Fettucine Alfredo	<ul style="list-style-type: none"> • Broccoli • Caesar Salad 	<ul style="list-style-type: none"> • Garlic Bread • Fruit of choice
Beef Lasagna, Spaghetti, or Baked Ziti	Veggie Lasagna, Spaghetti or Baked Ziti	Caesar Salad	<ul style="list-style-type: none"> • Garlic Bread • Fruit of choice
Beef Chili & Loaded Baked Potatoes	Veggie Chili & Loaded Baked Potatoes	Broccoli	<ul style="list-style-type: none"> • Shredded cheese, sour cream, chives, chopped bacon • Cornbread • Fruit of choice
Shredded BBQ Chicken Sliders	Macaroni & Cheese	<ul style="list-style-type: none"> • Potato Salad or Cole Slaw • Corn on the Cob or Baked Beans 	Fruit of choice
Sloppy Joes	Cheesy Scalloped Potatoes	<ul style="list-style-type: none"> • Cole Slaw • Steamed Mixed Veggies 	Fruit of choice
Baked Turkey Breasts	Green Bean Casserole	<ul style="list-style-type: none"> • Mashed Potatoes • Stuffing • Corn on the cob 	<ul style="list-style-type: none"> • Dinner Rolls • Cranberry sauce or fruit of choice
Meatball Sub Sandwiches	Minestrone Soup	Green Salad with tomatoes, cucumbers, and croutons	<ul style="list-style-type: none"> • Tator Tots • Dinner Rolls • Fruit of choice

\$100 Costco Shopping List

Do you have a Costco card? Not a lot of time to cook? This shopping list will feed 35 people for \$100!

- 5 Rotisserie Chickens – (Deli section)
- 4 Tins of Macaroni and Cheese – (Deli section)
- 3 Bags of Kale/Cabbage Cole Slaw Mix – (Walk-in Veggie Fridge)
- 2 Crates of Grapes – (Produce Section)