

# Food and Friends at 10 Hudson Street

## New Light House Food Preparation Details

There will be many changes when the Light House moves to its new home on Hudson St. However, many things will remain constant, including the compassion our volunteers and staff bring to the work of the Shelter. That work has always included feeding the hungry. This service, which is so central to our Shelter life has been a hot topic as we have worked with Health Department guidelines for feeding our expanded population safely.

The Light House has and will continue to run a “ServSafe” kitchen. ServSafe guidelines require that hot meal preparation must follow those guidelines. This gives volunteers three choices in how to manage food preparation. Meals may be prepared: 1) in our kitchen, 2) be transported from another ServSafe kitchen or vendor or 3) volunteers may continue to cook from home if they attend a safe foods handling class at the shelter.

While we will have many menus available for our cooks to choose from, complete with ingredients lists and instructions, there will also be a multitude of additional choices for substitute entrees listed in our handbook and on the website.

We will also be continuing to accept donations of safely handled prepared foods. Prepared food donations have the following requirements.

<b>Can Accept</b>	<b>Cannot Accept</b>
<ul style="list-style-type: none"><li>• Leftover prepared food – such as pasta, meat, vegetables or casseroles – that meets the above storage guidelines and is not more than three days old</li><li>• Fresh, uncooked foods in good condition, such as meat, poultry, vegetables and fruit</li><li>• Frozen foods</li><li>• Bread products</li><li>• Desserts</li><li>• Unopened canned and bottled foods</li><li>• Non-alcoholic beverages</li></ul>	<ul style="list-style-type: none"><li>• Tins that contain multiple types of food mixed together</li><li>• Cooked fish, other than shrimp</li><li>• Food that contains alcohol</li><li>• Milk, mayonnaise or egg-based desserts or salad dressings</li><li>• Meat processed at a non-USDA facility</li><li>• Food stored at incorrect temperatures according to HACCP laws</li><li>• Dairy products past their stamped expiration and sell-by date</li></ul>

The information below outlines the new shelter breakfast, lunch, dinner and pantry programs.

### **Breakfast Preparation**

In addition to supplying cold breakfast items, we are looking for volunteers to prepare a hot breakfast dish for our shelter residents (i.e. scrambled eggs, pancakes or French toast) one or two days per week.

### **Lunch Distribution**

The lunch program will change the least. Since bag lunches will not be distributed from the kitchen, they may still be prepared off-site. Lunches will primarily be handed out at our new

facility; however, we understand many community members will continue to seek food services in the West Street area. To aid in the transition, the Light House hopes to partner with other area organizations on West Street to continue lunch distribution for a specified time. The lunch window at our current Shelter is well known and loved by volunteers and clients alike. We will work hard to duplicate that feeling at our new home.

### **Dinner Preparation**

To comply with ServSafe guidelines, the Light House is required to create a two week list of rotating menus. However, we may rotate in any of the additional menu options listed. We have worked with a dietician to choose many easy to prepare recipes using seasonal ingredients. ServSafe certified staff and/or volunteers will be available to assist with getting familiar with the kitchen and/or with any questions that arise. As part of new client participation roles, residents will be available to help in prep, serve and clean-up and to learn about kitchen work. As always, volunteers are welcome to share the meal with our guests.

Groups preparing dinner will have three options for cooking schedule: they may come in on the day they are scheduled and cook in our kitchen, they may come the night before to prepare the food and refrigerate the meals for the following day, and third, volunteers may attend a safe food handling class at the shelter and then may cook at home and transport according to the Servsafe guidelines. Due to the larger number of guests and the increased amount of food needed some groups may want to recruit additional members or recruit a new partner group.

To begin at the new shelter we will be starting with menus to serve 25-30 but we expect to jump to 50 fairly quickly and may be up to our capacity of 75 by the holiday season. As the number of clients served increases we will post new ingredients lists and menus with adjusted amounts. Due to the increased number of guests at the new Shelter, we will be serving dinner cafeteria style from 6-7:30pm. A sample menu and recipe is attached. The complete menu list and recipes will be posted on our website at [www.annapolislighthouse.org](http://www.annapolislighthouse.org).

### **Pantry Services**

With enlarged facilities and increased refrigeration and freezer capacity the new pantry will allow for substantially more storage and will need increased volunteer support. To aid with traffic flow and volunteer scheduling, pantry bag distribution will be available Monday through Friday from 9-11am and 4-6pm.

Those interested in volunteering may contact Michele Marshall at [marshall@annapolislighthouse.org](mailto:marshall@annapolislighthouse.org) or 410-349-5056 x14. Volunteer orientations will be scheduled for the first two weeks in October. Please see our ad in next Thursday's paper for date and time information.

We look forward to continuing to serve the community alongside our faithful volunteers and supporters.

Sample Dinner Menu: Chicken Fajitas & Salsa, Flour Tortillas, Mexican Rice, Baked Bananas

Chicken Fajita Recipe

Recipe: Chicken Fajitas	START ONE DAY AHEAD	Portions: 50 – 2 filled tortillas/person
<b>Amount</b>	<b>Ingredients</b>	<b>Directions</b>
1/2 gallon	Lime or lemon juice	1. Mix lime or lemon juice, oil, oregano, cumin seed, chili powder and garlic in a non-metallic container
1 quarts	Oil	2. Add chicken strips to marinade making sure the chicken is covered
1/2 cup	Dried oregano	3. Marinate chicken in refrigerator over-night
1/2 cup	Ground cumin seed	4. Sauté chicken, marinade, onions and zucchini or broccoli until onions are tender and chicken is cooked through
1/2 cup	Chili powder	5. Place chicken and vegetables on steam table with 6 oz. serving ladle
2 oz	Garlic, chopped	6. Place four tortillas on steam table
12 - 13 lbs	Boneless chicken breasts, cut in strips	
2 lbs	Onions, sliced	
12 lbs	Sliced zucchini or broccoli	
1/2 gallon	Salsa	
100 each	Flour tortillas	