



**Support, every step of the way**

## **Wesley Centre's Sunday Dinner**

### **Overview & Thank You**

Wesley's Sunday Dinner is a special tradition, beginning in 1955 when United Church members began a Sunday afternoon tea for seniors living in poverty. Today, Wesley Day Centre offers support, every step of the way to marginalized men and women through meals, health care, harm reduction and recreational programming. Many of these individuals are living in their own housing, supported by Wesley's Transitions to Homes program.

A very special thank you to the Churches, student groups and businesses that annually sponsor, prepare, and serve Sunday Dinner. In 2016-2017, over 100,000 hot meals were served to children, youth, and adults!

### **Confirming Date, Menu and Assistance**

To confirm your Sunday date or request a change in date, please contact:

Julia Zougas, Special Events & Volunteer Coordinator at 905 528 5629 x 240 or [julia.zougas@wesley.ca](mailto:julia.zougas@wesley.ca).

**Please relay your menu to Julia Zougas and let her know what (if any) items and or help you anticipate needing from Wesley's chef at least 1 month in advance.**

### **Helpful Information**

Wesley Day Centre is located at 195 Ferguson Ave. North.

The **Sunday dinner is served between 4pm - 5pm.** The kitchen is available for meal preparation starting at 2 pm. Dinner clean-up is completed by 6 pm.

Typically 100 – 210 people attend the dinner. **We suggest planning for 180 people.** If you are serving at the end of the month it may be quieter. If there is extra food, it will be served in the following day or two.



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A **maximum of 12 volunteers** are needed to help serve the dinner. Please see the volunteer schedule below. It is required by Public Health that food is plated at the steam table in the kitchen.

If you are unable to find 12 volunteers, please contact Julia Zougas, Special Events & Volunteer Coordinator at 905 528 562 x 240 or [julia.zougas@wesley.ca](mailto:julia.zougas@wesley.ca) as we may be able to arrange additional volunteers to help.

#### **Sunday Dinner Volunteer Schedule**

**2:00 - 3:00pm:** 4-6 Volunteers arrive to help prepare the meal

**2:50pm:** The rest of the volunteers arrive (an additional 4-6 people)

**3:00 - 3:20pm:** Option of volunteers to meet with Wesley's Chaplain for an open discussion

**3:30 - 4:00pm:** Prepare for Meal Service

**4:00 - 5:00pm:** 7 people take plates to the people sitting at the tables, 3 put food on the plates from the steam table and 2 help clean dishes.

**5:00 - 6:00pm:** Finish clean up

Wesley's chef and one or two other Wesley Day Centre staff work in the kitchen on Sundays. Please note that Wesley's kitchen staff are also preparing lunches to be delivered to many of Wesley's programs.

#### **Food Preparation / Menu**

**Any food that is prepared off-site of Wesley's kitchen must be prepared in a Public Health approved kitchen.** To reduce risk and depending on the meal, Wesley kitchen staff may take a lead on cooking the meal on the Sunday.

Please plan a vegetarian/no pork option for 10 people, such as a soy or bean dish.

We invite a variety of menus, including different ethnic foods. Some examples of dinner menus are:

- Roast Beef or Turkey or Ham, including potatoes, vegetables (frozen), and dessert
- Lasagna, bread/rolls, salad and dessert
- Shepherd's Pie or Chili or Meat Loaf, including vegetables (frozen), bread/rolls and dessert



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Please refer to the Canada's Food Guide for portions and food variety at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

### **Ordering Food from Wesley's**

Wesley can order all food for the dinner for a donation of approximately \$450, depending on the menu. **Please contact Julia Zougas** at [julia.zougas@wesley.ca](mailto:julia.zougas@wesley.ca) or 905-528-5629 x240 **at least 1 month in advance if you want us to order the food.** If dropping food off is a challenge for you, we encourage you to order your food through Wesley.

### **Attire**

For health and safety, all volunteers in the kitchen need to wear clothing appropriate for a commercial kitchen including aprons (which Wesley provides), **long pants, closed-toe shoes with good treads** (preferably leather, hard work boots or hiking shoes; this protects feet better than a running shoe) and **hats or hair nets**. Please bring your own hat or Wesley has hair nets available.

### **Engaging with the Clients & Professional Boundaries**

Volunteers are welcome to eat after the meal is served and talk with individuals. Conversation and compassionate listening is encouraged, but volunteers are asked to not share personal information or advice. Volunteers can refer individuals to Wesley staff who are trained and know available supports.

### **Age Requirements**

Volunteers in the kitchen and serving dinner must be a minimum of 14 years. Youth must volunteer with a guardian. Children and youth can be involved in the food preparation at their Church or in making 'Care Kits' (ex. socks, toothbrush, and non-perishable food).

### **Parking**

Free street parking is available on Ferguson and at rear of building (only on Sundays).



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### **Compassion in Serving and Blessing for the Meal**

To respond to Wesley's historic roots and the current spiritual needs of all at the dinner, each group is invited to join with the Wesley Chaplain from 3:00-3:20 before the Sunday Dinner. This will be a time of preparation for and reflection on providing hospitality through an empathetic approach. For groups of a faith based origin, this may include prayer. For every group, this is a chance to focus on the meaning of your service as an act of hospitality. It is a time to prepare to serve with care for the dignity of all involved and all volunteers are encouraged to attend.

Your group is also invited as able/willing to share a prayer or song as a blessing before the meal. This can be a member of your group who would like to say grace; you are also welcome to share a song as a blessing for the meal.

### **Changes to Sunday Dinner in 2018**

We are pleased to be launching a new food services social enterprise at First Place starting in the new year! As many of you know, First Place is affordable senior's apartments in the heart of downtown and has a long-standing connection to the United Church and Wesley Urban Ministries. Currently, our Chaplain provides weekly Sunday services at First Place.

This new social enterprise will include a café, catering, and job readiness training for youth and adults. This is an exciting new addition to our programs and services.

We are looking to see if we will consolidate how we prepare our meal programs across our programs. As you might know, we currently cook the meals at Wesley Day Centre for Wesley Day Centre, two children's programs and three residential programs.

So, there may be changes in the year ahead to how we prepare the meals at Wesley Day Centre. But for now, everything will stay the same. We will keep you posted as we know more in 2018 and appreciate all your support as we continue to meet community needs!