



Wesley Day Centre Sunday Dinner Information Package 2019

PLEASE NOTE: There have been changes to volunteer arrival times since 2018

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, the 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 Housing Services program.

A very special thank you to the Churches, student groups and businesses that annually sponsor, prepare, and serve Sunday Dinner. In 2017-2018, 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.

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 Avenue North, Hamilton.

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.



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 as we may be able to arrange additional volunteers to help.

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 for an optional discussion 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.

Sunday Dinner Volunteer Schedule - *if bringing the meal*

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

Please note that Wesley's kitchen staff may also preparing lunches to be delivered to many of Wesley's programs.



Sunday Dinner Volunteer Schedule – if bringing a donation

2:30 – 3:00pm (Optional): All volunteers arrive, if they want to speak with Wesley's Chaplain for an open discussion

3:00 – 4:00pm: Volunteers arrive, prepare for meal service

4:00 – 5:00pm: Serving

5:00 – 6:00pm: Finish clean up

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 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

Please refer to the Canada's Food Guide for portions and food variety at 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 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.

Care Kits

Groups are welcome to bring Care Kits with them as they share the meal. Care Kits usually include hygiene items, socks, and non-perishable food. Please do not include mouthwash or hand sanitizer. Care Kits are **not** a requirement, but are a great option for children and youth to be involved, by preparing the kits beforehand.

Parking

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



Social Media & Photographs

You are welcome to take pictures of your group working in the kitchen or with a plate of food and tag us on Wesley's social media. We ask that you not take photos of clients.

Facebook: <https://www.facebook.com/wesley.urban.ministries/>

Twitter: <https://twitter.com/wesleyurban>

Instagram: <https://www.instagram.com/wesleyurban/>