



Frequently Asked Questions about Preparing and Serving Meals at the Campus!

Who : Community Groups, Individuals, Congregations, and Companies

What: Preparing and serving a meal to our general population and/or residents. See table below for specific information.

Why: To experience hospitality-*Room In The Inn* style

2013 Meal Opportunities				
Recovery Community = Guest House, VA, Odyssey, DTC, Waiting Treatment Community Dinner = Apartment Residents and those we have helped get housing off Campus Odyssey = Recovery Program Veterans = Recovery Program				
Meal	# of Guests	Availability	Arrival Time	Serving Time
Dinner for Apartment Residents	38+ your volunteers	Any night	4:00 PM	5:00 PM
Dinner for Community Group	35+ your volunteers	Last Tuesday of each month	4:00 PM	5:00 PM
Dinner for Odyssey	30+ your volunteers	Every Monday	4:00 PM	5:00 PM
Dinner for Recovery Community (November-March) 75+ your volunteers (April-October)	100+ your volunteers	Any night	5:00 PM	6:00 PM
Dinner for Veterans	35+ your volunteers	Last Wednesday of each month	4:00 PM	5:00 PM
Lunch for Recovery Community/General Population	250 + your volunteers	Monday, Wednesday	10:30 AM	11:30 AM (recovery community) 12:00 PM (general population)
Lunch for Recovery Community	75+ your volunteers	Monday, Wednesday, Saturday, Sunday	10:30 AM	11:30 AM

How Often: As often as you like---one time, once a quarter, twice a year...you name it!

Prior to participating, you are invited to tour the Room In The Inn campus to become familiar with lunch set-up and procedure. To arrange a convenient time contact Karen Stevens 251-9791 x 105 or Karen.Stevens@roomintheinn.org,

Can Children Participate? Because of the population we serve, it is STRONGLY suggested that you not bring children under the age of 14. Meal programs move at a fast pace, and our facility can be very crowded at times. It would be easy for a parent to lose track of younger children. Please inquire about age appropriate activities off-site that can be incorporated into a meaningful experience.

Metro Health Department codes prohibit children from being in the kitchen.

What To Bring:

- Prepared meal-main dish, one or two side dishes, bread, drink...and of course, dessert is always welcome
- Suggest 6-8 volunteers to help serve and/or set tables...as always our staff will be available to help too!
- Cups, napkins, paper plates, and plastic utensils

Arrival/Unloading:

- Call our kitchen manager at **251-9791 x 170** to let us know you are here and to open the back door of our building so that you can unload directly into the kitchen. There are carts available which will make the process easier.
- Bring PREPARED (cooked) meal if possible. If you call our kitchen team, they will be happy to turn on the ovens for warming or last minute heating.
- **If you are running late, please give us a call to let us know---251-9791 x 170**

Parking: we have a parking area in front of our new building. There should be plenty of places to park, and the kitchen staff can also direct you to the appropriate space along side of the building or in our gravel lot in the back of our building.

If you choose to park on Drexel Street, park on **OUR side** of the street. **DO NOT** park on the opposite side, or in the Sherwin-Williams lot...**you will be towed!**

Upon arrival, all volunteers will be given a short orientation, and then be directed to set tables. A member of our staff will guide you through the process and answer questions. We will also be present during the time you are with us!

Note about Food Selection:

We make an effort to offer health conscious meals for our participants. The homeless community is often subject to health problems resulting from lack of proper nutrition. Many times, our participants struggle with diabetes, hypertension, obesity and other illnesses that are food related. If possible please take this into consideration when selecting meal choices.

Suggested Main Dishes:

- Taco Salad – include lots of fresh lettuce and vegetables, use ground turkey, chicken or lean ground beef
- Lasagna/vegetable or chicken lasagna - lean meat and wheat pasta are welcomed
- BBQ/ Sloppy Joes/Meatball sandwiches
- Casseroles – great when veggies are the base, limit the use of cheese when possible.
- Ham or turkey burgers/turkey dogs/deli sandwiches – use wheat bread when available
- Grilled Seasoned Chicken

Suggested Side Dishes: Fruit-apple sauce, bananas, fruit cocktail without syrup (*avoid crunchy veggies and fruits---many of our guests have teeth missing*)

- Green beans/cooked squash
- Mashed potatoes
- Vinegar based coleslaw/potato salad
- Jell-O salad
- Whole grain rice brown
- Rolls/bread should be soft

Appropriate Dress

For your health and safety, we ask you that you please wear:
Closed toed shoes; shirts/blouses with sleeves

For additional information and to schedule a date, contact Karen Stevens at 615.251.9791 x 105
or karen.stevens@roomintheinn.org

www.RoomInTheInn.org 705 Drexel Street, Nashville, TN 37203 P: 615.251.9791 F: 615.251.3274

