



Thank you so much for your interest in providing a community meal to the residents of Jubilee Women's Center. Community Meals helps extend the resident's food budget through the month and provides protein, fresh vegetables, and fruit in their diet that normally they would not be able to afford.

Jubilee Women's Center supports women experiencing poverty to build stable and fulfilling futures, one extraordinary woman at a time. Led by the guiding principle that all women deserve respect and dignity, Jubilee's programs and services help women make permanent life changes.

What to Serve

We are a drug and alcohol-free facility, so we ask that volunteers do not use alcohol in the preparation of the food to respect residents in recovery. A vegan option is not necessary, though it is nice to have one dish without meat or dairy that still includes protein. The women love to get proteins and fresh vegetables, as they are not always able to afford these for themselves. Please be aware that some members of the community have allergies or dietary restrictions. Some of the more common allergies are dairy, nuts, wheat, and soy. Volunteer groups are not expected to prepare meals completely free of these ingredients, however it is something to be aware of when choosing the menu. Also, many of the residents have physical health issues and aim to eat in a way that enhances their health. Please consider bringing healthier alternatives, for example, a portion of fruit instead of a sugary dessert. We ask volunteers to mark a form the night of that states what is in each dish so residents can be informed of what they are eating.

What to Expect

Volunteer groups of up to 6 people serve community meals on Tuesday, Wednesday and Thursday evenings at 5:30 pm. Typically, volunteers arrive around 4:30 to prepare/cook the food. Both male and female volunteers are welcome, and volunteers are encouraged to sit and enjoy the meal with the community. Dinners should be able to feed all 24 women.

At Jubilee Women's Center, staff, volunteers, and every community member celebrate the women for who they are today. Many of our residents are recovering from some type of trauma or multiple traumas – an illness, accident, job loss, divorce, or homelessness itself – so we ask that you please refrain from asking sensitive questions and let the women reveal



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information about themselves as they choose. The residents are gregarious and look forward to having great conversations with you and your group. Usually, about 6-7 residents will join the volunteer group for a sit-down dinner once it is prepared. Many residents are working or in school in the evenings, but latecomers will still get to enjoy the meal that was prepared.

Thank you again for graciously donating time and ingredients to prepare a delicious community meal for the residents of Jubilee Women's Center. This is just one way in which we can bring the women together and strengthen relationships in the community.