



Would you like to cook for the children one evening at the South End Children's Cafe?

I'd like to cook for kids at the South End Children's Cafe. What should I do?

Contact Tracie at 518.275.8890 or tracie@southendchildrenscafe.com to secure a date.

How many people do I need?

Get a group of 4 people together to cook and serve a meal for the South End Children's Cafe. If you come on your own, you will join other volunteers in the kitchen.

What will I do?

Once your date is chosen, please arrive between 3:30pm and 4:00pm. You will be helping to cook for the children and families. A kitchen manager will be on hand to help you and guide you.

What should I bring?

You don't have to bring anything! We will have the food for you to prepare.

Is there anything I should do one week before?

A week before you come in, send Tracie the names of the people in your group.

What should I wear?

Wear comfortable, appropriate clothing for cooking and serving. The kitchen is a commercial vinyl floor so sneakers or other comfortable shoes work best. Everyone will be asked to wear an apron and gloves and tie hair back tightly off of your face and neck.

Can children and youth volunteer?

For safety reasons, there are limited opportunities for children in the kitchen. If you would like to bring children with you, please discuss this with Tracie ahead of time.

What will happen when I arrive?

When you arrive, the kitchen manager will give you directions and you will start cooking. You will be cooking and serving about 40 - 50 meals for children and parents. Written guidelines are available in the kitchen too.

What will I be cooking?

You will prepare a salad, main dish and dessert. If you would like to know what you will be preparing before you come, please email Tracie at tracie@southendchildrenscafe.com.

What if I have food allergies?

Please let Tracie know ahead of time if you or anyone on your team has any food allergies. We will alter the menu to accommodate your team. You will know if the children have food allergies.

What is the schedule at a glance?

When you arrive, you will be given a brief orientation by the kitchen manager. All information needed for cooking is posted in the kitchen as well.

- 3:30pm – 4:30pm Food Prep (salads, main course, dessert)
- 4:45pm Water pitchers prepared and brought to the Cafe
- 4:55pm Milk brought to the Cafe
- 5:00pm Walk around and offer milk or water
- 5:05pm Walk around and offer salad
- 5:10pm Clear salad and deliver dinners
- 5:15pm Refill water and milk
- 5:20pm Clear dishes and serve dessert
- 5:30pm Dinner is completed
- 5:30pm – 6:00pm Clean up in kitchen and Cafe

Does anything else happen at 5:00pm that is important to know about?

The teens from Club Zoe, another program in the building, are served at 5:30pm in an area outside of the kitchen and family style. You will prepare dinner for the youth and volunteers from Club Zoe will serve.

What types of tasks will be assigned?

Someone will be assigned the following tasks: salad, meat, vegetable, grain, dessert, dish washing, plating, serving, cleaning the kitchen and cleaning the Cafe.

What happens when dinner is over?

At 5:30pm, when dinner service is over, we appreciate it if you will help us clean up the kitchen. This includes putting dishes away, wiping down surfaces, sweeping and mopping the floor, taking out the trash and recyclables and helping pick up the Cafe if needed. We are so thankful for you!

Is there anything you need that my team could help with?

We will always need fresh produce, meat and milk, so if anyone would like to donate a gift card to a local grocer, or bring any frozen vegetables, milk, meat or produce that would be awesome!

What else would be helpful for me to know?

We do not have a dishwasher so dishes are washed by hand. The sink is low and may not be comfortable for many people. The kitchen is not next to the Cafe so servers walk about 30 feet to get to the Cafe.

Where do I come to?

The Cafe is located inside Reigning Life Family Church, 33 Rensselaer Street, Albany, 12202 (behind the Department of Motor Vehicle). Please park in our lot, which is around the side of the building, and enter through our door by the recycling bins. Our building is accessible and a ramp that leads to the front door, if this is better for you, is located off the parking lot towards the front of the building.

Thank you for your service! We can't wait to see you. Without volunteers like you, the South End Children's Cafe would not be possible. See you soon!

For more information please contact Tracie Killar at tracie@southenchildrenscafe.com or 518.275.8890.