



DOWNTOWN **WOMEN'S** CENTER

Snack Pack Prep Guide

OVERVIEW

Snack packs are essential to the women at the Downtown Women's Center (DWC). They are an opportunity to give participants a nutritious snack or meal before leaving the Day Center in the late afternoon. In a 2010 survey, 62% of women on Skid Row reported that they had slept in an emergency or transitional shelter. By providing an evening meal that can be taken to-go, women do not need to choose between dinner and a bed.

On an average day, we typically see around 100 participants at the Day Center when snack is served. The snack packs menus below provide enough ingredients to create 100 snack packs, please adjust as needed.

SNACK PACKS

Snack Packs are made up of 1) main course, 2) piece of fruit, 3) a drink, 4) and an additional food item.

MAIN COURSES: choose one of the following and write the preparation date on the bag/box

Tuna Salad with lettuce and tomato

Shopping list: 45 cans of tuna, 1-2 large jars light mayonnaise, 6 heads of romaine lettuce, 11 tomatoes, approx 10 loaves of whole wheat/flax seed bread (depending on size), salt & pepper

Directions: Combine tuna and mayonnaise (season with salt and pepper as needed). Slice tomatoes and lettuce. Portion approx 1-2 scoops of tuna onto each sandwich.



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Chicken salad with lettuce and tomato

Shopping list: 45 cans of chicken breast, 1-2 large jars light mayonnaise, 6 heads of romaine lettuce, 11 tomatoes, approx 10 loaves whole wheat/flax seed bread (depending on size), salt & pepper.

Directions: Combine chicken and mayonnaise (season with salt and pepper as needed). Slice tomatoes and lettuce. Portion approx 1-2 scoops of salad onto each sandwich.

Pita Salad

Shopping list: 100 whole wheat pitas, 100 individual containers of hummus, approx 13 bags of salad greens, 15 tomatoes, 10 cucumbers, 9 red onions

Directions: Chop and combine all vegetables. Please package pitas in plastic wrap or plastic bag.

Peanut butter and jelly

Shopping list: 7 jars natural peanut butter (not homogenized), 7 jars jelly, ~10 loaves of whole wheat/flax seed bread (depending on size)

Vegetable Salad

Shopping list: 20 bags of lettuce, 12 tomatoes, 12 cucumbers, 12 red onions, 7 cans of garbanzo beans, 5 packages of feta cheese, 4 bottles of Greek dressing.

Directions: Chop and combine all vegetables. These can be assembled in to-go containers found in most supermarkets and will need utensils and a napkin.

FRUIT

100 pieces of seasonal fruit – pears, oranges, apples, grapefruits, grapes (approx 13 bunches), etc.

Alternative: 100 packages applesauce with no sugar added (and 100 spoons)
Please refrain from using individually packaged fruit cups.



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DRINK

100 units of (choose one): water, 100% juice pack, small container of milk, seltzer, or tomato juice.

Please no sodas, juice drinks, or highly sugary drinks.

OTHER SNACK ITEM (choose one or two):

100 small packages of nuts

100 packages trail mix (or separated into 100 Ziploc bags)

100 granola bars

100 sugar-free Jell-O (requires additional spoon)

200 - 300 sugar-free or low-fat cookies (2-3 packaged in each bag)

100 yogurts (requires additional spoon)

100 boxes of raisins

100 string cheese

8-10 large bags of mini carrots and/or 8-10 heads of celery, divide into 100 individual packs.

Please place all items in a brown paper lunch bag or plastic bag with 1-2 napkins and necessary utensils. We do not have these materials stocked so please remember to bring them!

Questions?

GroupVolunteerEvents@downtownwomenscenter.org or (213) 680-0600 (ext.2847)

Thank you for your help!



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FREQUENTLY ASKED QUESTIONS ABOUT SNACK PACKS

Can I include condiments in the sandwiches?

Yes, but please use condiment packages. Our participants come in many different shapes, sizes, and allergies to different foods, so as a precaution we ask you do not put condiments in the sandwiches (mayonnaise, ketchup, mustard, etc.) unless we specifically include it in the recipe or make a request for it.

Can I use other meats such as roast beef or pork in the menu?

Yes, you may but we ask that you include a couple that contains turkey or chicken in them as well as some vegetarian options. Some of our participants do not eat beef and/or pork because of dietary and religious preferences.

Can I include options like candy, snack cakes, sodas, etc?

Please let us know if you plan to do so before you make the bags so we can see what is available or how to assist you in finding a healthy alternative. We love to treat our participants with refreshments and sweets but we do so in healthy portions.

Can I include frozen items ("Hot Pockets," Ice Cream, etc.)?

No, unfortunately the packs will be made for the participants to take home with them as they leave the Center and they may not have access to a freezer to keep food.

Can I put together salads instead?

We welcome ideas and ways to provide the ladies with options to other courses. If you have a way to pack it, please let us know! Noodles, curry, fried chicken, bring it on! We only grow with menu options as a community by working together, and the participants will greatly appreciate it!

When can I drop off Snack Packs?

Snack pack deliveries can be scheduled any day of the week between 1:00-1:30pm and an ideal number would be 100-200 snack packs.

If you're assembling Snack Packs, you must schedule a drop-off at least a week prior by contacting us at GroupVolunteerEvents@DowntownWomensCenter.org.

*We will not accept unscheduled Snack Pack deliveries.



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Food Safety Guidelines

According to Centers for Disease Control and Prevention (CDC), each year over 76 million people become sick due to food borne illnesses!

Good Hygiene

- All people preparing or serving food must cover their hair. You are welcome to bring your own hat or bandana if you would prefer not to use one of DWC's disposable hair nets
- Wear aprons during food preparation, and change or remove aprons after visiting an unsanitary place such as the parking lot or restroom
- Volunteers who show signs of illness or burns and cuts should be re-assigned to other jobs or be sent home

Gloves and Face Mask

- Please make sure to handle all items while wearing gloves and a mask. If you are wearing nail polish, fake nails or band-aids on your hands, please wear gloves during food prep as well
- Remember: Gloves can become contaminated too, so please change to a new pair of gloves when appropriate
- Gloves are not a substitute for hand washing. Please wash hands before putting on gloves
- Do not blow into gloves to make them easier to put on

Hand Washing

- Hands should be washed with soap and hot water for 20 seconds, or 40 seconds after using the bathroom
- Make sure to dry your hands with paper towels after washing

Tasting Foods

- Foods should be tasted only with clean utensils
- Foods should be tasted away from the prep area and utensils left in the sink afterwards. Eating over foods is not okay
- After tasting foods wash hands