

SIGNING UP

Signing up is easy... just follow these 5 steps:

STEP 1: SELECT A DATE

Call us to select a date, time and location for your meal preparation. Meals can be prepared at three sites: Westside Center, Regional Homeless Center (RHC) and the Hollywood Center. The meal time slots are:

- Dinner: Meal served at 6:00pm, preparation 1-2 hours prior.
- Breakfast (Sat/Sun): Meal served at 7:30-8:00 am, preparation 1-2 hours prior.

We will do our best to accommodate your group's schedule, but we are required to serve meals on a set schedule. Slots are reserved on a first-come basis. To check date availability, please contact:

- Lisa Washington (310) 996-0034 (Westside Center)
- Ramona Holland (323) 644-2255 (Regional Homeless Center)
- Sam Colquitt (323) 960-3333 (Hollywood Center)

STEP 2: CONFIRM YOUR COOKS

An ideal group size is 6-8 people per cooking event, although we can comfortably accommodate up to 10 people. Due to the large quantities of food to be prepared and served, we request that you confirm a minimum of 4 people for your event. "Cooks" of all ages are welcome to join and children under the age of 18 must be accompanied by an adult.

STEP 3: CHOOSE A MENU

We welcome you to be creative and original with your menu. Feel free to "cook up" new menus that you think will be enjoyed by our residents. When planning meals, keep in mind the diversity of our residents and prepare something that has a universal appeal (i.e. nothing too spicy or exotic). Cooking tips and sample menus for large groups are enclosed.

We request that you bring drinks and serving supplies (plates, plastic-ware, napkins and cups) on the day of your event.

STEP 4: BUY FOOD & SUPPLIES

Food and supplies can be purchased at any grocery store or bulk food stores like Costco or Smart & Final. We recommend you purchase supplies a few days in advance, which cuts down on added stress on the day of the event. If necessary, you can call PATH and arrange to store your supplies at the PATH location a few days prior to your event (if you choose this option, please package your supplies together and clearly label them with your group name and date of event.)

For cooking at the Westside Center, plan your meal to serve 35 adults. For the RHC and Hollywood Center, plan your meal to serve 80 adults.

STEP 5: SHOW UP AND HAVE A GREAT TIME!

On the day of your event, a PATH staff member will greet your group and provide an orientation to the kitchen. Staff will be on-site at all times to assist your group with preparing and serving your home-cooked meal to our residents.

Be safe and have fun!

PATH At A Glance

MISSION STATEMENT

Our mission is to break the cycle of homelessness by empowering homeless people with the tools for self-sufficiency. We work towards this goal by helping people find work, save money, secure housing and empower their lives.

MOTTO "A Hand Up, Not A Hand Out"

HISTORY AND PROGRAMS

PATH was founded in 1984 through a committed coalition of churches, synagogues, businesses and concerned citizens who came together in response to the problem of homelessness in West Los Angeles. They started out providing food and clothing to people in need, and soon became known as PATH - People Assisting The Homeless.

Based on the belief that the homeless need a "hand up, not a hand out," our programs respond to the immediate food and shelter needs of homeless people, as well as their long-term needs for financial security and stable housing.

PATH offers clients a comprehensive continuum of services, including:

- Street Outreach
- Housing (Emergency, Interim, Transitional and Permanent)
- Employment Services
- Streets or Services (SOS) Program

In addition to these programs, we also pioneered the creation of the PATHMall, an innovative "one-stop" service center for the homeless. The Mall brings together over 20 different social service providers under one roof to give homeless people access to all the support and resources they need to find permanent homes off of the streets.

Today, PATH has grown into a multi-facility organization that assists over 4,500 individuals annually from all parts of Los Angeles County to move towards self-sufficient lives.



Learn more about PATH at our website: www.eopath.org.



Serving Home-Cooked Meals With Tender-Loving Care



PATHCooks

Thank you for your interest in PATHCooks, a volunteer program that provides home-cooked meals to residents staying at PATH's housing facilities.

Your group's participation will help the homeless in several ways. Food purchased by your group saves money for PATH, which is used to provide essential housing and support services for residents. Also, menus selected by your group will offer "dining variety" for residents to enhance the quality of their stay.

The enthusiasm and energy your group can bring to PATH will show our residents that they are valued and that someone really cares for them!

We hope you will join us in becoming a PATHCooks partner. We request that groups consider making a monthly commitment, with openness to build a long-term partnership with PATH and our residents.



SIGN-UP SHEET

PATHCooks Sign-Up Sheet

YES! My group would like to prepare monthly homemade meals for the homeless.

Contact Information

Name of Group Leader: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

Email: _____

Group Name (Faith Organization, Company): _____

When is your group available to cook?

Evening (Monday to Friday)

Morning (Monday to Friday)

Weekend (Saturday/ Sunday)

Special Event-Specify: _____



Return form to:

PATH

340 North Madison Ave.

Los Angeles, CA 90004

Attn: Jennifer Chang

THANK YOU for your interest in PATHCooks!

If you would like to make a general food or money donation to PATH, please call (323) 644-2209 or visit us at www.epath.org.

Sample Menus

MEAL PREPARATION TIPS

- + Food can be purchased in bulk at places like Costco or Smart & Final.
- + Pre-assign food preparation tasks to your group members prior to arrival.
- + Bring a hat or be prepared to wear a hairnet while you prepare the meal.
- + Slice and dice fresh vegetables and fruits prior to arrival.
- + Upon your arrival, get the ovens pre-heated if your meal requires use of the oven. Also immediately start the stovetops heating pots of boiling water if you are preparing pasta.
- + Purchase frozen meats to cut down on preparation time.
- + Please also purchase the following items along with menu items: plastic utensils, paper plates, napkins and cups. This will assist greatly in your clean-up afterwards.

We encourage your group to exercise culinary creativity in preparing special menus for our residents. The following sample menus and quantities of food can be purchased from Smart & Final or Costco.

The below portions are based on serving 80 people at the RHC and Hollywood Center sites. Recipes can be halved when preparing meals for the Westside Center. Don't worry, we will have staff on-site to assist you!

Bon Appetit!



Breakfast Menu:

Pancakes, eggs, bacon, sausage, juice and fruit.

- + 10 lbs. Pancake mix
- + 10 dozen Eggs
- + 8 lbs. Bacon
- + 8 lbs. Sausages (pre-cooked recommended)
- + 6 gallons Juice
- + 8 Cantaloupes/melons
- + 3 large cans Fruit cocktail



Sample Menus

Dinner #1:

Spaghetti and Meatballs

Compliments of Wilshire Boulevard Temple- Tikun Olam – Social Action

- + 16 lbs. Pasta
- + 25 lbs. Ground beef (can either be "solid" or packaged frozen meatballs)
- + 4 #10 cans Tomato sauce
- + 3 #10 cans Diced tomatoes
- + 6 bags Frozen broccoli or assorted vegetables

Dessert/Drinks:

- + 6 big containers Cookies
- + 7 2-liter bottles Soda (assorted)
- + 5 gallon container Apple Juice



Dinner #2:

Taco Meal

Compliments of Mosaic Community Service Life Group

Tacos:

- + 2 big cans Refried beans
- + 25 lbs Ground meat
- + 6 heads Lettuce (or big bag of pre-shredded lettuce)
- + 12 Tomatoes
- + 1 big bag Cheese
- + 150 Tortillas
- + 2 packages Taco seasoning mix
- + 3 loaves Bread (to serve with butter or to make garlic toast)

Dessert/Drinks:

- + 3 5-gallon tubs Ice Cream (can pre-scoop into plastic cups and freeze for easy serving later)
- + 1 big canister Drink mix (Country Time or Koolaid)



PATH Locations



PATH Regional Homeless Center
340 North Madison Avenue
Los Angeles, CA 90004
PH: (323) 644-2200



PATH Westside Center
2346 Cotner Avenue
Los Angeles, CA 90064
PH: (310) 996-0034



PATH Hollywood Center
5627 Fernwood Avenue
Los Angeles, CA 90028
PH: (323) 960-3333