



## **HOW MUCH FOOD SHOULD I HAVE PREPARED, COOKED, OR DELIVERED?**

Please bring 35-40 servings of whatever is being prepared. Usually, 10 pounds of meat is perfect. Plates, cups, napkins, and plastic utensils are appreciated, but not required.

## **IS THERE ANYTHING I SHOULD AVOID BRINGING?**

Please avoid major allergens like nuts and shellfish.

## **DO YOU HAVE ANY SUGGESTIONS FOR MEALS THE YOUNG PEOPLE WOULD ENJOY?**

Our youth love breakfast for dinner, Chinese food, Mexican food, fried chicken, sandwiches, BBQ, burgers, baked potato bar, taco bar, and pasta. They appreciate home cooking, store-bought, fast food, or restaurant catered - a good variety keeps them happy & healthy.

## **WHERE DO I DROP OFF THE FOOD?**

Dinner is dropped off at 2129 NW 30th St. You can ring the doorbell, call, or text staff at 405-459-7478 when you are on the way. It could take staff a few minutes to greet you. Please relay this information to delivery drivers if you order dinner through a food delivery app. You can also contact us at [volunteer@sisuyouth.org](mailto:volunteer@sisuyouth.org) M-F 11 a.m.-7 p.m. After those hours, please contact the shelter.

## **WHAT APPLIANCES DO YOU HAVE ACCESS TO?**

We have a crockpot, oven, hot plate, warming cabinet and a microwave for the youth to use. Please bring everything in disposable containers or ask staff if you can transfer the contents of your crockpot to ours. A crockpot liner is always appreciated!

## **AM I SUPPOSED TO BRING DRINKS OR DESSERTS?**

We always have water available, but the youth always appreciate a variety such as juice, sports drinks, milk, tea, and soda. If you'd like to bring dessert, they will eat it! Dessert isn't expected, but a nice treat!

## **IS THERE SOMETHING ELSE I CAN BRING?**

We always accept shelf-stable food such as ramen, mac and cheese, Chef Boyardee (with pop tops), and Hormel Compleats.

## **WHAT IF TIME BECOMES A FACTOR?**

We understand that life happens. If you cannot make your meal, you can also make a donation to us and we'll have staff make arrangements for dinner. It averages about \$175/night to feed the youth. Donations can be made at [www.sisuyouth.org/donate](http://www.sisuyouth.org/donate) or via Venmo at @SisuYouth

## **WHAT TIME DO I DROP FOOD OFF?**

Dinner is served at 6 p.m., so the ideal drop off time is before 5:45 p.m. Please communicate if you will be later than that! There is not a set lunch time, but around noon seems to work well!