

Brooklyn Heights Synagogue (BHS) Homeless Shelter

131 Remsen Street , Multipurpose Room/Kitchen (use West entrance), Brooklyn, NY 11201

COOKING GUIDELINES 2023

*On behalf of Brooklyn Heights Synagogue and our guests, **thank you** for preparing a meal for the BHS Shelter. Your generous donation of time, money and culinary skills allows us to provide our guests with nutritious and delicious meals in a homey setting.*

If you are unable to fulfill your commitment to cook: Please contact the Food Coordinator (contact information below) or your Evening Coordinator **immediately**, and please make every effort to find a replacement or order food.

What should I cook?

We ask that you provide a *balanced meal, including a main dish and one or two side dishes*. The guests are always happy to get *fresh bread and dessert*, as well.

Menu Guidelines:

- No shellfish or pork products.
- Simple, nutritious meals, emphasizing proteins and vegetables, are best.
- Our guests appreciate home cooked food that is something different from what they typically get at shelters/soup kitchens so best to avoid most bean, rice and pasta dishes unless they contain meat.
- Meals should be easy to reheat in a microwave or toaster oven. We no longer have a stove/oven.

What we have in stock:

- The Shelter refrigerator and pantry are always stocked with salad dressings, butter, condiments such as mustard, ketchup and hot sauce, juice, milk, coffee and tea.
- Our pantry has non-meat alternatives to accommodate vegetarians and vegans and gluten free options.

If something comes up and you cannot cook that day:

- You can arrange for food to be delivered to the West entrance of 131 Remsen St. from a local restaurant.
- Take-out food should arrive at 7:30pm
- Please alert the food coordinator and your evening coordinator to expect the delivery.

How much food should I make?

We host up to 8 men per night, so please make enough food to **feed 10** – our guests and the 2 overnight volunteers.

When should I bring the food?

No later than 6:30pm on the day it will be served. Use the West entrance of 131 Remsen St.

Labelling/Packaging Guidelines

Please label clearly, noting contents, date, and reheating and/or serving instructions.

If possible, use medium or small aluminum containers for food that can be heated in a large toaster oven, and use containers that are microwave-safe for items that can be heated in a microwave.

Do I serve the food?

If you want to serve the food, you can sign up at the same website using the “set up & serve” box.

Contacts – Shelter Coordinators

Food Coordinator: Veronique Nguyen veronique.nguyen@gmail.com; 917-488-1545

Evening Coordinator: you will be given the name and contact information a week before.

Shelter Coordinator]: Anne Landman landman798@gmail.com; 917-514-2696

Some Menu Suggestions

- Breaded, fried or grilled chicken or veal cutlets, meatballs, pot roast, meatloaf, brisket or any other roasts and hearty meat dishes
- Fried Fish
- Meat or poultry stews
- Stir fry served with rice
- Meat chili, baked pastas, casseroles
- Sides: A starch and some steamed or roasted vegetables.
- A note about salad. A small salad is appreciated by some of the guests. Many of the guests do not eat salad, so enough for 4-6 is sufficient)