



Kerr Street Mission
Oakville's Mission of Hope

485 Kerr Street
Oakville, Ontario
www.kerrstreet.com



SATURDAY BREAKFAST
COMMUNITY MEAL
HANDBOOK

THANK YOU FOR SERVING WITH US!

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Welcome to Kerr Street Meals!



Eating together has become an integral part of what we do.

Gathering around the table, sharing food, conversation and time together is a wonderful way to connect people and build community.

Currently we are offering 5 meals each week. Meals are lovingly provided by volunteer groups. The groups purchase, prepare and serve the meal. All who come have an opportunity to fill-up on a nutritious meal, build relationships and enjoy the company of others.

Why do we eat together?

At Kerr Street Mission we are intentional about building community. We recognize that connecting with others regularly, having a sense of belonging, and friendships have a profound impact on our health and well-being.

Our goal for Food Services at KSM is to provide families with access to healthy, nutritious, and culturally sensitive food options consistently. We rely on the support of community partners, donors, and local producers to ensure that the shelves in the market stay stocked and clients are empowered to make informed eating choices for themselves and their families supporting their physical, mental, and emotional wellbeing.

Kerr Street Values

At Kerr Street Mission, we are committed to upholding a welcoming and supportive culture. To help with that, we have developed the acronym “**KSM CARES**” to encompass our core values and service standards. These guide all of our interactions with members of our community, volunteers and fellow employees.

| OUR CORE VALUES | WE STRIVE TO BE |
|--|-----------------------|
| K indness in Action | C ompassionate |
| S ervice through Humility | A ttentive |
| M aking Meaningful Connections | R espectful |
| | E quitable |
| | S incere |



Meals are just one resource available to people who come to Kerr Street for help, to learn more about our Children and Youth Programs, Food Market, Family Services, and debt programs, talk to a staff member or arrange a tour!

General Meal Info

What is your part in making meals happen?

Every Saturday on a weekly basis we host a breakfast. This community meal is dedicated to people of all ages to enjoy a healthy meal together in a safe space allowing them to connect with others, form friendships, and have the support of KSM staff.

Saturdays are not just a breakfast. Every Saturday morning after the meal we open up our food bank market for our clients to do their grocery shopping. This is one of 9 markets that is open to our clients per week.

Want to make the meal extra special? Some extras groups have done in the past are providing a take-home 'gift basket' of pancake mix and syrup, or providing an a la carte menu and 'servers' for a restaurant style experience. Please reach out to staff in advance if you would like to add a personal touch to your event.

We have space to seat 42 people for the meal and serve clients in a first come first serve basis.



Al a Carte Menu Example
Created by: Michael Salib & Team

KSM Meal Requirements



Age Limits

Please ensure your team meets the following criteria: those in the kitchen need to be **at least 14 years** old, those 13 and under are not permitted. Those under 18 need adult supervision. **Maximum 12 people** are permitted in the kitchen at a time.

What to wear?

Closed toe shoes (no heels or sandals). Clothing needs to be clean. You are required to have your **hair covered** while in the kitchen. You are welcome to bring a cap. Aprons, gloves, and hairnets will be provided for you



Health and Safety

For the health of your group and our clients, please **do not** come if you are sick or experiencing symptoms!

Planning Your Meal

We would like each client to receive a meal that is healthy, delicious, and different to what they might be able to cook themselves from the items in the market. Below are some guidelines to help you plan a successful meal.

Portion Numbers



You will need to prepare food for **42 clients** with enough to offer seconds (we suggest rounding your recipe up to **60 portions**). We also ask that at least 5 of these portions are vegetarian. Feel free to make more so your team can eat with clients. Coffee and tea are provided but we encourage you to bring additional drinks!

Planning the Menu



When planning your menu, please reference our healthy meal builder and our roster of menu suggestions put together from our clients. Please send us your menu **two weeks prior** to your scheduled date so we can promote your mealtime. If you'd like to purchase a meal plan from us please confirm **one month in advance**.

Health and Safety



Due to health and safety regulations, all of the food served needs to be prepared in an industrial kitchen. Home made items cannot be distributed at meals or in the market.

Our kitchen is well equipped with everything you will need in terms of equipment, PPE, serving supplies, basic oil, spices, and baking ingredients. Please reach out if you are looking for something specific.

Healthy Meal Builder

Please consider these guidelines when preparing your menu. We want to ensure that we are offering a balanced meal that contains all of the groups below. Please take into consideration that KSM prefers to serve meals that clients do not often have access to and that would appeal to the intended clientele; in this case, all ages. *This is an excellent opportunity for you to help us raise the bar on what food we offer potentially low income clients.*

High Protein Foods

Protein is essential for fueling energy. Try including a healthy protein option like poultry, beef, eggs, or dairy.

Fruits and Vegetables

Choose a variety of colours for increased nutrients such as vitamins, minerals, and fibre.

Vegetarian protein contains no meat products.

Examples: Tofu, Beans, Lentils, Peas.

Whole Grains

Whole grain foods contain more fibre.








Examples: Brown Rice, Quinoa, Couscous

Please prepare the following:

- **42 meals total:**
- All of which are well-balanced and healthy serving sizes
- All of which appeal to the intended clientele
- **5 of which are vegetarian**
- An **additional** amount for second helpings & for your volunteers to enjoy a meal too

Menu Suggestions

Stuck on what to make? We have gathered suggestions directly from our Saturday Morning attendees! Here are some of the meals they would love to have.

-  Breakfast Burrito
-  Breakfast Sandwiches
-  Omelettes
-  Home Fries
-  Fresh Fruit
-  Frittatas
-  French Toast

Special Requests

-  Condiments on the side
-  Orange Juice

Meet The Team

When you arrive at Kerr Street, a food services staff member will greet you to provide a tour of the kitchen and answer any questions you may have. Below are the staff who may have the opportunity to work with you



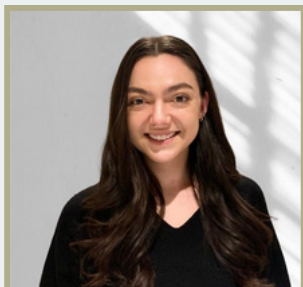
AJ Dube

Food Service Support



Lauren Van Laare

Food Service Support



Skylar McCallum

Food Services Operations Coordinator

Meal Timeline

7:30 Arrival

The kitchen will be available for you to begin cooking at 7:30AM. On your first visit, please arrive 10-15 minutes early to review materials and have a staff member walk you through the kitchen.

7:45 Begin Cooking

Once you have received a walk through of the kitchen you can begin to cook! If you are planning to decorate the dining hall or place menus on the tables, please be aware that tables must remain in place to be able to comfortably seat everyone. However, you are welcome to decorate as you wish! Our dining room is set up with 8 tables and seating for 50.

9:00 Meal Service Starts

A volunteer meal liaison will arrive before dinner begins to set up beverages, prepare the dining room, assist diners, help with cleanup and ensure the meal progresses smoothly. After first helpings diners can have seconds if they wish. The remaining food can be packed in containers and placed in the market fridge.

10:00 Clean-up

You will be responsible for doing the dishes and cleaning the kitchen before KSM closes at 12pm. You will be provided with a cleaning checklist when you arrive on-site.

What's Next?

Here are some things to complete before arriving for your meal:

- Send confirmation of your date to meals@kerrstreet.com
- Forward us your menu **at least two weeks** in advance. Please include as much information as possible for our diners with food restrictions including:
 - All ingredients in the main dish and vegetarian dish
 - All ingredients in the side dishes
 - Will you be bringing drinks or extras?
 - Indicate if dishes are halal, vegetarian, nut free, dairy free, etc.
- Please forward this handbook to all members of your team and ensure they have read the guidelines and are aware of health and safety policies, dress code, and know what to expect when they arrive at Kerr Street Mission.
- The group lead can proceed to complete the AODA training.
- If you would like to discuss your menu or meal date further with our team please call Skylar at (905)845-7485 ext. 209

When you arrive on-site proceed to the front desk where you will sign in to confirm you have read and understood the AODA training. Be sure to bring your ingredients!

See You Soon!