

Prepare and Serve Volunteer Opportunity FAQs



Thank you for signing up to prepare dinner for our residents. We hope the answers to these FAQs are helpful!

1. How much and what type of food should I prepare?

Plan for enough cooked/prepared food and drink for 20 people, half are children. A more accurate number will be sent out the week before your serve date. We encourage good nutrition so when possible, please bring vegetables and proteins. Drinks can include water, juice boxes or milk, etc...

2. What else should I bring?

Volunteers are responsible for bringing paper plates, napkins, cups, forks, knives, spoons and serving utensils. Dessert is optional.

3. When is dinner served?

Volunteers should arrive at 5:00 pm and be prepared to serve dinner by 5:15. Dinner lasts about 30-45 minutes.

4. Can the volunteers eat with the residents?

Yes! We encourage you to eat with our residents and make connections!

5. Where is dinner located?*

The Solutions for Change main campus is located at 722 W. California Ave Vista, Ca 92083.

6. Is there a staff member there during dinner that can assist me?

Yes. A Empowerment Aide is available every night. If it is your first time, reach out to us and we will let the EA on duty know, so they can greet you and show you where to set up.

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7. Can we pray before dinner?

Yes. Your group can pray before dinner.

8. Can children volunteer?

Absolutely! Volunteers of all ages are welcome. This is a fantastic opportunity for families. We have had children as young as five dishing out food. Younger children are welcome to play and eat with our residents.

9. What if we have to cancel?

If you have an emergency and need to cancel, please email Karina kmartinez@solutionsforchange.org. Please consider making arrangements for a replacement meal to be delivered in lieu of your service.

Meal Ideas

Chicken: Chicken breast can be prepared many easy ways. Chicken Parmesan, Breaded Chicken Breasts, Grilled Chicken.

Casserole: Chicken Alfredo Bake, Chicken Enchilada Casserole, Chicken and Rice Casserole, Chicken Spinach Artichoke, Cheesy Taco Casserole, Green Bean Casserole, Cheesy Ham & Potato Casserole, Biscuits and Gravy Bake

Pasta: Jambalaya Pasta, Lasagna, Spaghetti and Meatballs

Soup: Chicken Stew, Pumpkin Soup, Butternut Squash Soup, Chili, Black Bean Soup, Chicken Noodle Soup

Other Ideas: Glazed Salmon, Pulled Pork, Enchiladas, Pizza, Stir Fry, Tacos, be creative and share our favorite meal.

Sides: Salad, pasta salad, potato salad, Mac n Cheese, mashed potatoes and beans

Desserts: cookies, cupcakes, strawberry shortcake, popsicles, ice-cream, brownies, blondies, banana bread

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Serving Remotely

1. How do I serve remotely?

- Choose whether you will purchase food and deliver it, or order food to be delivered.
- If you are dropping off food, be sure to deliver it to our main campus (722 W. California Ave.) between 5 and 5:15pm.
- If you are having food delivered, after setting up the order, send the details of the food order to asantoro@solutionsforchange.org.

2. How much and what type of food to order?

The week before your dinner date, we will send the exact head count, but you can expect between 10-25 residents to be present. Check out the list below for restaurant ideas. It can be helpful to ask the restaurant for a quantity recommendation based on the number we send you.

All food must come from a licensed kitchen or grocery store already prepared. Frozen food can be purchased and heated at home if it stays in the purchased container (ex. frozen lasagna).

3. What do I do after I order the food to be delivered on my dinner date?

Send the order information to asantoro@solutionsforchange.org, so we can provide the EA on duty with the details.

4. What if the restaurant calls me and the order is delayed?

Please call the EA Phone at (760) 941-6545 x501 and update them on the eta of the food.

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Local Restaurant Ideas

Raising Canes -- 303 Vista Village Dr

(760)-639-6086

Delivery: No

Contact ahead: 1 hour

Best way to order: Phone

Recommended orders: Tailgate Order, add fries, add jugs of beverage. Can also order by sizes of 25 or 50

Chili's -- 255 Vista Village Dr

(760)-639-1958

Contact ahead: 1 hour

Delivery: Yes

Best way to order: Online

Recommended orders: Party Platters

Panera Bread -- 401 Vista Village Dr

(760)-726-5100

Contact ahead: 24 hours

Delivery: Yes

Best way to order: Online

Recommended orders: Lunch Boxes

Chipotle -- 30 Main St, Unit 100

(760)-639-0529

Contact ahead: 24 hours

Delivery: Yes *costs extra

Best way to order: Online

Recommended orders: Build your own-singles

Panda Express -- 20 Main St

(760)-806-3880

Contact ahead: 24 hours

Delivery: Yes, \$4.00 + 20\$ tip

Best way to order: Phone/Online

Recommended orders: 18-22 Person Party Bundle (Custom Order)

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Local Restaurant Ideas Continued

Epic Wings N' Things -- 35 Main St, Unit C140
(760)-806-9464
Contact ahead: 24 hours
Delivery: Thru Doordash *extra cost
Best way to order: Phone/Online
Recommended orders: Party Pack-48 piece order

Upper Crust Pizza – 1330 E Vista Way, Unit 2
(760)-941-0081
Contact ahead: 24 hours
Delivery: Does not deliver
Best way to order: Phone
Recommended orders: Pizzas, Salads.

Erikas's Mexican Food and Seafood – 1851 Vista Way, Unit C
(760)-941-7991
Contact ahead: At least 3 hours
Delivery: Yes
Best way to order: Phone
Recommended orders: Burritos, Tortas, Enchiladas (Refer to menu on DoorDash or Uber Eats)