



 Quantum House  
*where hope has a home<sup>®</sup>*

Our Chef for a Day program is a ton of fun and a great way to bring volunteers together while also bringing our families together. You alleviate the stress of families planning and preparing a meal after a long day. We are excited to have you and your team participate!

### How to sign up

- Get your friends, co-workers, school group, or other organization together to plan, purchase, and prepare the meal.
- All volunteers must submit a volunteer application on our website at [www.quantumhouse.org/volunteer](http://www.quantumhouse.org/volunteer) and mention Chef for a Day in the comment section.
- Once the applications are submitted, our Manager of Family Programs and Operations (MFPO) will email you our guidelines regarding the program as well as available dates.
- The group leader should confirm the menu with our MFPO as soon as possible so families do not have duplicated meals for that week.
- Our MFPO will email you a week in advance with our current guest numbers. We generally have about 60-70 guests at Quantum House.

### Group Requirements

- Each Chef for a Day group may bring 5-10 volunteers.
- Groups larger than 10 may be asked to split up to do other volunteer projects such as baking, crafting, cleaning, organizing, etc.
- If children under 12 are coming with the group, we ask that one adult for every three children are present.
- These requirements are to ensure everyone's safety in the kitchen.

### Upon Arrival

- Please check in with our MFPO or a Quantum House staff member and they will bring the cart to unload the groceries.

- We will show you to the kitchen, dining room and buffet closet where you can find everything you need including meal prep plates, serving spoons, spoon rests, platters, and utensils.

## Our Kitchen

- We have one main kitchen where families gather for meals.
- The kitchen is equipped with two ovens, two stoves, two sinks and six dishwashers.
- There are two gas grills on our side patio. If your group is using the grill to prepare dinner, please call in advance so we can ensure the propane is filled.
- Still have questions about your meal? Give us a call at 561-494-0515 and we can help!

## Setup Times

- Brunch groups should arrive at 9 a.m. for 10:30 a.m. serve time.
- Lunch groups should arrive no later than 10:30 am for noon serve time.
- Dinner groups should arrive no later than 4:30 p.m. for 6 p.m. serve time.
- If you are bringing premade food items, you may arrive a half hour later to reheat the food in our ovens.

## Serving Requirements

- It is important to remember the following information while serving these food items to our guests:
  1. 165 degrees F: poultry, hot dogs, stuffed foods and stuffing, casseroles, canned foods, all reheated food
  2. 160 degrees F: beef, pork, veal, egg dishes, lamb (steaks, roasts, chops); ground beef (includes hamburgers and any dish that contains ground beef)
  3. 145 degrees F: fish
- If someone in your group is not feeling well, we ask that person to please stay home and rest. Some of our patients have compromised immune systems, and it is important to keep our guests as healthy as possible.

## Clean Up

- The volunteer group is responsible for cleaning up all cookware used while preparing the meal.
- Please hand wash and dry pots and pans
- Please put any utensils, bowls and plates, cutting boards in our dishwashers.
- If there is a mess on the kitchen floor from preparations, please make sure to sweep before the families come in to make their plates.
- Quantum House staff will put the meal away and clean the kitchen area after our guests have eaten.

## Menu Ideas

- Most dinner meals include the following:
  1. Main dish
  2. Salad
  3. Vegetables or fruits
  4. Starch
  5. Dessert
  6. Beverages (optional)

### Dinner

Beef stroganoff  
Sloppy Joes  
Pulled BBQ sandwiches  
Stir fry  
Casseroles  
Chili  
Baked ham  
Turkey  
Hamburgers/hotdogs  
Taco bar  
Kabobs  
Baked chicken  
Fish fillets  
Breakfast items  
Pork Roast  
Meatballs

### Sides

Vegetables  
Fruit  
Pasta salad  
Rice  
Salad  
Coleslaw  
Baked potatoes  
Mac & cheese  
Cornbread  
Corn on the cob  
Bread  
Vegetable casserole  
Soup  
Stuffing  
Beans  
Roasted vegetables

### Breakfast/Brunch

Waffle bar  
Egg casserole  
Bacon  
Sausage  
Roasted potatoes  
Hash browns  
Fruit  
Cottage cheese  
Juice  
Cereal  
Bagels  
French toast  
Grits  
Egg/tuna salad  
Quiche  
Deli sandwiches

## Portion Sizes

½ plate vegetables

¼ plate meat

¼ plate starch

By pounds for 50-70 guests

30-40 lbs. for meat

10-15 lbs. for side items

## Health and Safety

- Due to children not having developed immune systems, they are more prone to food borne illnesses.
- Food poisoning can be avoided by making sure meats are cooked at the correct temperatures as well as being stored properly.
- Please visit <https://www.foodsafety.gov/> for additional information regarding food safety.

## Additional Information

- You are welcome to stay and eat with the families, they enjoy the company! Just add your group's numbers to ours.
- Beverages for families are optional, but if your group is eating with us, please provide drinks for your team.
- Not all of our families are present at meal time, but do enjoy a meal when they come home from the hospital!
- Ask before you purchase salad dressing. We may have plenty.
- Want to do extra? It would be helpful if you brought basic kitchen essentials like plastic resealable bags, paper towels, dishwashing detergent and hand soap while you're at the grocery store.
- Some groups also bring decorations or choose a theme! It's up to you. The most important part is to have fun!
- *"It's the best staff development on the whole planet!" -- Keiser University*

## Driving Directions

- We are located on the campus of St. Mary's Medical Center in West Palm Beach at 987 45th Street.
- Quantum House is in the northwest corner of the campus, behind the Institute for Mental Health (IMH).
- Take I-95 to 45th Street and go east
- Pass Congress Avenue, Australian Avenue and one set of railroad tracks
- Take the *third left* after the railroad tracks, which is the first entrance to St. Mary's and is near Hanley Center, which has a white building and blue roof
- Take the *third left* after the speed bump, which is just past the Schwartz Kidney Dialysis Center
- Follow the road back as it curves around
- At the end of the road, take a left and then a quick right and continue through the parking lot of IMH
- Quantum House is just past IMH