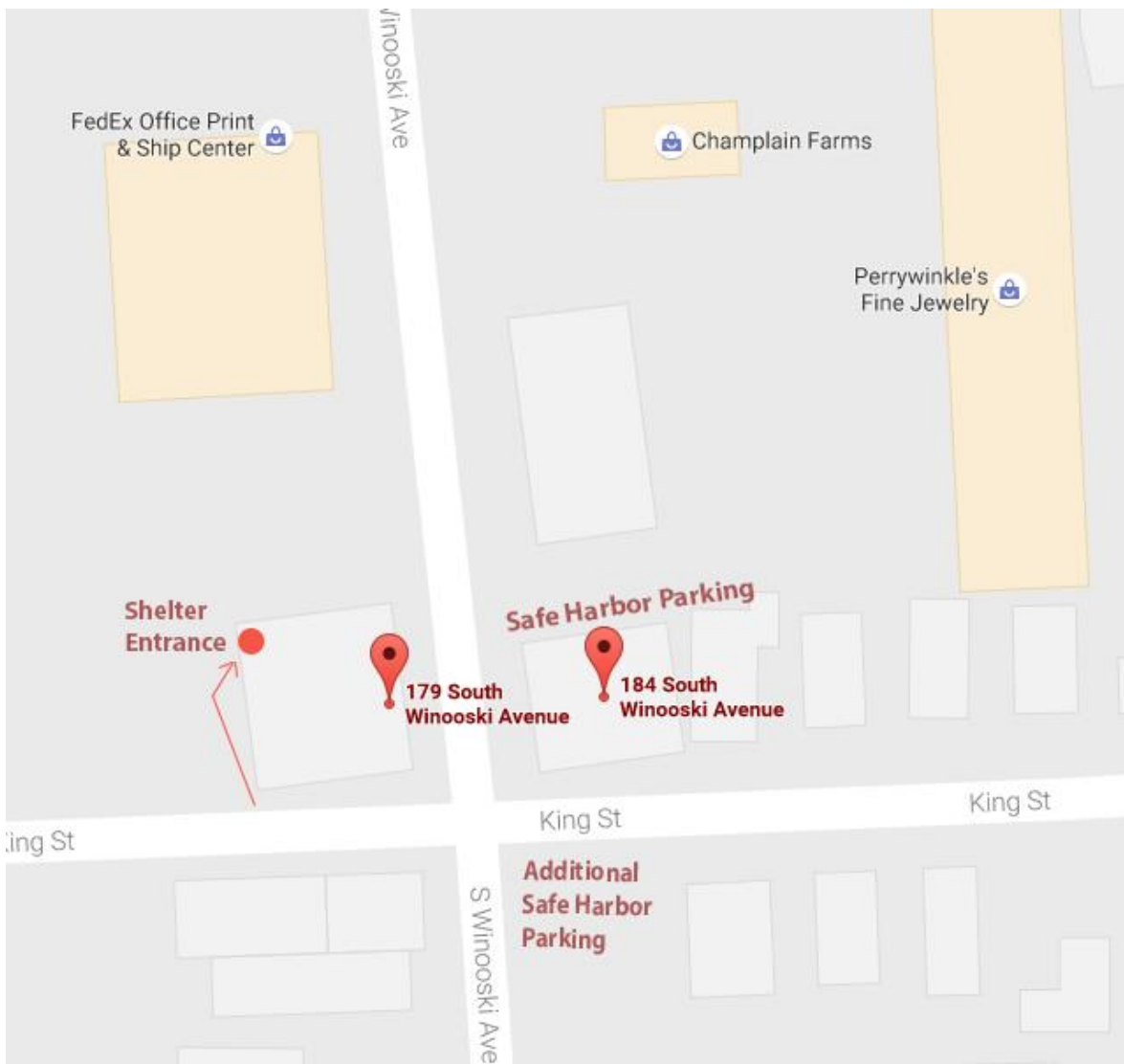




## LOW-BARRIER SHELTER FAQs

### General Information

**Location:** 179 South Winooski Avenue in Burlington. The entrance to the shelter is on the King Street side of the building, all the way around back and down the stairs.



**Hours of operation:** 6pm – 8am, every day through mid-June, 2019.

**Capacity and demographic:** The shelter can accommodate up to 37 single adults, age 18 or older.



## LOW-BARRIER SHELTER FAQs

### Intake Process

We have 30 beds available which can be reserved by dropping-in to Safe Harbor to check availability.

**\*We cannot reserve beds over the phone\***

There are 7 additional beds assigned by the state on a first-come, first-served basis. For a state bed, guests must go to the Economics Service Division office at 119 Pearl Street in Burlington for a referral to the shelter.

**Walk-in Policy:** If we have space in the shelter, we will give a bed to any walk-in, anytime.

**Low-Barrier Shelter Manager:** Anne Leaver, (802) 578-9017

**Low-Barrier Shelter staff/office phones:** (802) 540-8503; (802) 264-8101

**Office hours:** 5:30pm to 8am

**Shelter service hours:** 6pm to 8am

**Safe Harbor Health Center:** 184 South Winooski Avenue, (802) 860-4310.

### **Safe Harbor Hours:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	8a-4:30p	8a-4:30p	7:30a-4p	8:30a-5p	7:30a-4p	Closed

**Referrals:** If at capacity, we refer to COTS Waystation and ANEW Place.

COTS  
802-862-7776  
187 Church Street, Burlington

ANEW Place  
802-862-9879  
89 North Street, Burlington

We recommend calling **211** if there are no shelter beds in town to see if the person could be eligible for the emergency housing program.



## LOW-BARRIER SHELTER FAQs

### Meal Donations

**\*Please note: Due to insurance liability and fire codes, we cannot admit anyone under 18 into the shelter or allow groups larger than 2-3 people for meal drop-offs. Thank you for understanding!\***

**MealTrain sign-up:** <https://www.mealtrain.com/q3k23l>

You can use the above link You can sign-up to donate a meal or contribute money to the meal fund. MealTrain shows real time updates of available dates, and sign-up is easy. Donors will receive reminder e-mails in advance of their dates. There is also an option to make a monetary donation specifically for shelter food for those who would like to help but are unable to contribute meals.

General monetary donations may also be made through CHCB's website at <https://www.chcb.org/donate/make-a-donation/> or checks can be mailed to 617 Riverside Ave, Burlington, VT 05401. Information regarding in-kind donations for our Homeless Healthcare Program is available at this link as well.

**Meal donation contacts:** Janine Fleri, Communications Coordinator with CHCB, can be reached with questions through MealTrain, at [jfleri@chcb.org](mailto:jfleri@chcb.org) or 802-264-8191 before 5:30pm during the week.

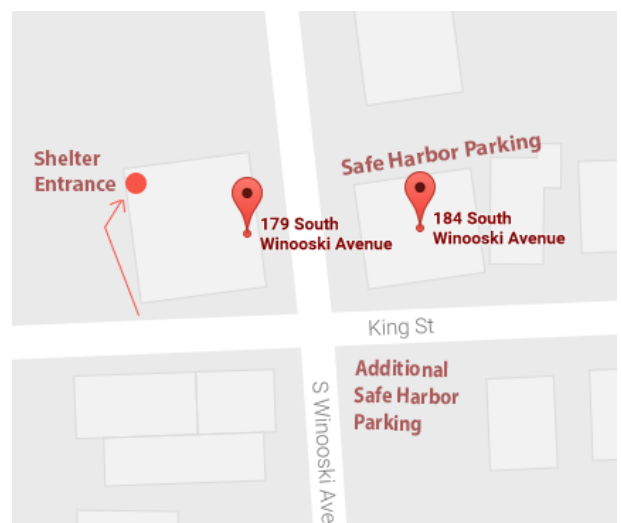
**Please contact the shelter office directly at 802-540-8503 during evening and weekend hours.**

Anne Leaver, the Shelter Manager, can be reached on her cell at 802-578-9017 if you can't reach Janine or the shelter office line.

**Meal Drop-off:** Meals can be delivered from 5:30-6:30pm. There is an oven and a stove on-site if your meal needs to be heated. There are typically guests hanging out near the stairs while waiting for the shelter to open who will happily point you in the right direction. Donors are not required to stay after meal delivery, but are more than welcome to. We are unable to accommodate early drop-offs at this time.

**Parking:** Parking is available in the Safe Harbor lots, which are across South Winooski Ave. as indicated on the map. ->

**Supplies and storage:** The shelter already has plates, utensils, serving utensils, a steam warmer, cookware and condiments. There is a small, standard freezer for storing foods for later.





## LOW-BARRIER SHELTER FAQs

### **TIPS ON COOKING FOR LARGER GROUPS**

We are incredibly grateful to our meal donors for the effort and care that is put into each dinner delivery! Your contributions mean so much to our guests, and these meals play a critical role in providing a sense of security and community to those in our care.

We recognize that it can be daunting to cook for a large group, and often receive questions about dietary restrictions, so we have compiled some tips and suggestions that you may find helpful when planning a meal for the Low-Barrier Shelter:

- Please keep in mind that many of our guests may have dental issues, so food that is easy to chew is appreciated.
- Please avoid cooking anything too spicy to help minimize digestive issues such as acid reflux. We have condiments available for guests that want to kick up the spice of their individual servings.
- While side dishes are not necessary, having a salad option is a bonus for guests who may be diabetic and must avoid too much starch. Again, this is a bonus, not a necessity.
- Past meal donors have recommended searching “cooking for a crowd” on Google and Pinterest, as well as this website <http://www.cdktichen.com/recipes/holidays-parties/cooking-for-a-crowd/> for inspiration.

The following pages include bulk serving quantity tips and additional recipe suggestions you may wish to try. Pasta dishes are very popular due to the ease of cooking in bulk, but meal donors often ask for suggestions to mix things up a bit and we know our guests appreciate some variety, as well as having both meat and meat-free options when possible. One meal donor reported that a baked potato bar was well received by our guests because it allowed each person to individualize their meal.

If you have bulk recipes to share please e-mail them to Janine Fleri, Communications Coordinator with CHCB, at [jfleri@chcb.org](mailto:jfleri@chcb.org).



## LOW-BARRIER SHELTER FAQs

**PLEASE NOTE: Most of these recipes and conversions are to feed a group of fifty, whereas the Low-Barrier Shelter has a capacity of 37. You can either adjust for smaller recipes, or keep as-is; we will welcome the leftovers.**

The following table is for **Amounts of Prepared Food to Serve 50**. (Source: [Food for 50](#) by Mary Molt)

Food	Serving Unit	Quantity
<b>CEREAL PRODUCTS</b>		
Bread Stuffing	1-1½ oz.	7 ¼ qts.
Rice, as vegetable	4 oz. (½ c.)	6 ¼ qts.
<b>DESSERTS</b>		
Pie crusts, 2-crust	9 oz./pie	4 lb. 8 oz.
Pie crusts, 1-crust	5 oz./pie	2 lb. 8 oz.
Pumpkin filling	3 c./pie	6 qts.
<b>SALADS</b>		
Fruit	1/3 c.	4 ¼ qts.
Potato	½ c.	6 ¼ qts.
Dressing, thin	2 tsp.	1-1/2 pts.
<b>VEGETABLES</b>		
Creamed, diced	½ c.	6 qts.
Potatoes		
Mashed	½ c.	6 ¼ qts.
French fried		12-15 lbs.

### Common Container Sizes, Approximate Cup Yield and Principal Products

No. 300 14-16 oz.	1 ¾ c.	pork and beans, baked beans, cranberry sauce: 3-4 servings
No. 303 16-17 oz.	2 c.	principal size for fruits & veg: 4 servings
No. 2 ½ 27-29 oz.	3 ½ c.	fruits, some veg: 5-7 servings
No. 10 6 ½ lb.-7 lb.	12-13 c.	institutional size for fruits, veg: 25 servings

### Substituting One Can for Another Size

1 No. 10 can = 7 No. 303 (1 lb.) cans  
 1 No. 10 can = 4 No. 2 ½ (1 lb. 13 oz.) cans



## LOW-BARRIER SHELTER FAQs

This table is for **Food as Purchased to Serve 50**. (Source: [Food for 50](#) by Mary Molt)

Food	Weight/Measure	Serving Portion	Amt. to serve 50	Miscellaneous
<b>BAKERY ITEMS</b>				
Bread, sandwich	1 ½ lbs.	1 –2 slices	3-4 loaves	16 slice/loaf
Cake				
Angel Food/Layer	10" round	12-14/cake	3-4 cakes	
Sheet	12"x20"	2 ½ oz.	1 pan	40-48 pieces
Pies	8"	6 cuts/pie	8-9 pies	
<b>CEREAL PRODUCTS</b>				
Barley, for soup	lb.	14 oz.	3 gal.	
Macaroni	lb.	½-¾ c.	3-4 lbs.	
Rice	lb.	½ c.	3-4 lbs.	
<b>DAIRY PRODUCTS</b>				
Cheddar Cheese	lb.	1 ¼-1 ½ oz.	4-5 lbs.	for sammies
Ice Cream				
brick	qt.	8 slices	6 ½ bricks	dish each
carton	12 portions	3 oz. ea.	4 ½-5 cartons	
<b>FRUITS</b>				
Canned	No. 10	varies	2-3 cans	
Fresh Grapes	lb.	¼ c.	15 lbs.	
<b>VEGETABLES</b>				
Canned	No. 10 can	2 ½-3 oz.	2-3 cans	
Dried				
Beans, kidney	lb.	4 oz.	4-5 lbs.	
Lima or navy	lb.	4 oz.	4-5 lbs.	
Fresh				
Beans, green	lb.	3 oz.	10-12 lbs.	
Broccoli	lb.	3 oz.	16-20 lbs.	
Cabbage				
Shredded	lb.	1-2 oz.	5-8 lbs.	
Carrot strips	lb.	3 strips	2 ½ lbs.	
Lettuce, salad	head	4-5 heads		
Potatoes, scallop	lb.	5 oz.	10 lbs.	
Potatoes, mashed	lb.	4 oz.	12-14 lbs.	
Potatoes, sweet	lb.	4 ½-5 oz.	20-25-lbs.	
Spinach, salad	lb.	1 oz.	4-5 lbs.	
Squash, baked	lb.	4 oz.	20-25 lbs.	
Squash, frozen	40-oz. pkg.	3 oz.	4 pkgs. (10 lbs.)	



## LOW-BARRIER SHELTER FAQs

**RECIPES** (Source: [Food for a Crowd, via Central Night Shelter](#))

### Entrées

#### **Chicken and Rice Casserole**

5 pounds (4, 4 ½ to 5-pound hens), boiled, broth saved  
4 pounds rice  
5 quarts salted water  
8 ounces butter  
4 ounces flour  
2 ½ quarts milk  
2 quarts chicken broth (saved broth from boiling chickens)  
2 tablespoons salt  
1 pound 12 ounces mushrooms, sliced  
4 ounces, pimiento, chopped  
8 ounces almonds, sliced, optional  
12 ounces bread crumbs  
4 ounces butter

Remove chicken from broth and when cooled, remove meat from bones – save broth to make sauce.

Cook rice in salted (3 tablespoons) water.

Melt butter and whisk in flour. Cook until slightly browned and slowly add in chicken stock and water slowly, whisking constantly until thickened. Season to taste. When sauce is thickened, add mushrooms, pimientos and almonds (if desired). Mix chicken, rice and sauce together and place in 2 (12 x 20 x 2-inch) pans. Top with bread crumbs mixed with butter. Bake at 350° for 1 hour.

**Yields: 50 (6-ounce) portions**

#### **Lentil Soup**

2 tablespoons olive oil  
3 cloves garlic, minced  
1 ½ cups carrots, diced  
1 ½ cups celery, diced  
2 cups onions  
1 pound lentils, picked over  
9 cups water or chicken stock  
1 tablespoon dried basil  
Salt and pepper to taste  
1 cup green cabbage or fresh spinach, chopped



## LOW-BARRIER SHELTER FAQs

Heat the oil, add garlic and sauté until brown, being careful not to let it burn. Add and sauté carrots, celery and onions until softened.

Add the lentils, chicken stock or water and herbs. Bring to a boil, then reduce to a simmer. Cook until the lentils are soft, about half an hour or so. When the lentils are done, add the cabbage or spinach. Purée about half the soup. Return to the pot and season with salt and pepper.

**Yields about 3 ½ quarts.**

### **Meat Loaf**

8 pounds ground beef

2 pounds ground pork

10 ounces bread crumbs, soft

2 quarts milk

12 eggs, beaten

¼ cup salt

2 ounces onion, finely diced

1 teaspoon pepper

Ketchup to cover

Mix all ingredients together but do not over mix. Top with ketchup, if desired. Press into 5 (4 x 9-inch) loaf pans. Bake at 325° for 1 ½ hours.

**Yields: 5 loaves (50, 4-ounce portions)**

### **Hamburger Stroganoff**

10 pounds ground beef

8 ounces butter

1 pound 4 ounces onion, chopped

2 tablespoons salt

1 teaspoon pepper

2 ½ quarts beef broth, hot

2 pounds, 8 ounces mushrooms, sliced, drained but reserving liquid

2 quarts sour cream

8 ounces flour

4 pounds noodles

Brown meat in butter. Add onion and seasonings. Add broth and simmer 15 to 20 minutes. Add mushrooms. Blend sour cream with flour and add to meat mixture gradually, stirring constantly. Stir until thickened. Adjust seasonings.

Cook noodles and drain. Serve stroganoff over noodles or add noodles to dish, stirring, and adjust liquidity if sauce is too dry by adding reserved mushroom liquid and/or sour cream.

**Yields: 50 portions (5 ounces stroganoff and 5 ounces noodles)**





## LOW-BARRIER SHELTER FAQs

### **Black Bean and Kielbasa Chili**

½ cup olive oil

9 pounds turkey kielbasa, cut into bite-sized pieces

12 cups chopped onions

12 sweet, red, green, yellow and/or orange bell peppers, cut into bite-sized pieces

2/3 cup chopped garlic

24 (15-ounce) cans black beans, drained

84 ounces (approximately) diced tomatoes in juice

84 ounces (approximately) low-salt chicken broth

½ cup chili powder (original recipe calls for 1.5 cups, which may be too spicy)

12 packets Splenda or 6 tablespoons sugar

1 cup (plus more to taste) red wine vinegar

18 small bay leaves

½ cup dried oregano

4 tablespoons cumin

For garnish: Enough to fill a side bowl for each table of sour cream, shredded cheddar or mozzarella cheese and chopped green onions

Heat olive oil over medium-high heat. Add kielbasa and sauté until beginning to brown. Using a slotted spoon, transfer the kielbasa to a couple large bowls and discard excess oil, leaving enough to sauté the onion, pepper and garlic. Sauté until beginning to brown. Add beans, broth, tomatoes with juice, chili powder, Splenda, vinegar, bay leaves, oregano and cumin. Bring all to a boil, stirring occasionally.

Reduce heat to medium, cover, and simmer at least 30 minutes.

Return the kielbasa to the pot and reduce heat so that it will not boil. Simmer, uncovered, until chili is thick, stirring occasionally – at least 30 minutes. Season with salt and pepper if needed.

### **Taco Soup**

11 pounds ground beef

7 medium onions, chopped

7 (15-ounce) cans sweet corn, undrained

7 (15-ounce) cans pinto beans, undrained

7 (15-ounce) cans dark red kidney beans, undrained

14 (15-ounce) cans diced or crushed tomatoes

14 packages taco seasoning, divided half and half between regular and low-sodium

For garnish: at least 6 pounds shredded cheddar cheese

Brown the beef with the onions over medium high heat. Drain excess.

**Yields 30 servings**



## LOW-BARRIER SHELTER FAQs

### Sides

#### **Carrot Raisin Salad**

6 pounds 8 ounces carrots, shredded

8 ounces raisins

1 tablespoon salt

1 tablespoon sugar

2 pints mayonnaise

Mix all ingredients lightly together. Serve with No. 12 dipper.

**Yields: 4 ¼ quarts (serves 50 1/3-cup portions)**

#### **Note:**

*The addition of apples is good – substitute 3 pounds diced apples for 2 pounds of the shredded carrots or do not substitute one for the other and just add more mayonnaise as needed.*

#### **Green Bean Casserole**

6 cups milk

1 teaspoon pepper (or more)

8 cans Campbell Cream of Mushroom Soup

16 (14.5-ounce) cans green beans (232 ounces)

17

6 cups fried onion rings in the can (two 6-ounce cans of French's is 6 cups)

In a large aluminum foil roasting pan (about 20"x12"x3 ½") mix all ingredients. Support it in a box or with a cookie tray and cover with foil. Beans will be heated and the topping of onion rings added just before serving.

**Yields: 45 servings**

#### **Potato Salad**

15 pounds potatoes

½ cup vinegar

12 eggs, hard-cooked, diced

4 ounces green bell peppers, chopped

1 pound celery, diced

8 ounces onion, chopped

8 ounces pickles, chopped

2 cups mayonnaise (add more as needed)

Cook potatoes until tender; dice. Add salt and vinegar to warm potatoes and mix carefully. Marinate until cold.

Add remaining ingredients and mix carefully. Allow to "season" at least 1 hour before serving.



## LOW-BARRIER SHELTER FAQs

Serve with No. 10 dipper

**Yields: 6 ½ quarts (4-ounce portions for 50)**

### **Macaroni Salad**

2 pounds 8 ounces elbow macaroni

2 pounds cheddar cheese, diced or shredded

1 pound 8 ounces sweet or dill pickle

18 eggs, hard-cooked, chopped

2 pounds celery, diced

1 ½ tablespoons salt

1 quart mayonnaise

Cook macaroni, drain and chill. Add remaining ingredients and mix. Chill.

**Yields: 1 gallon (serves 50 with 1/3-cup portions)**

### **Scalloped Potatoes**

12 pounds potatoes, pared and sliced

3 tablespoons salt

2 teaspoons pepper

8 ounces butter

4 ounces flour

1 gallon milk

1 ½ tablespoons salt

6 ounces breadcrumbs

2 ounces butter, melted

Place sliced potatoes in 2 (12 x 20 x 2-inch) baking pans. Sprinkle generously with salt and pepper.

Melt butter in large saucepan and add flour; whisk until incorporated and gradually add milk, whisking until thickened. Pour over potatoes. Sprinkle with buttered breadcrumbs and bake at 350° for 1 ½ to 2 hours.

**Yields: 50 (5-ounce) portions**



## LOW-BARRIER SHELTER FAQs

### **Desserts**

#### **Apple Crisp**

10 pounds apples, sliced

8 ounces sugar

¼ cup lemon juice

1 pound 4 ounces butter, softened

12 ounces flour

12 ounces rolled oats

2 pounds brown sugar

Mix sugar and lemon juice with apples. Arrange in greased 12 x 20 x 2-inch pan. Combine butter, flour, oats and brown sugar in a bowl and mix until crumbly. Spread evenly over apples. Bake at 350° for 45 to 50 minutes. Serve with whipped cream or ice cream.

**Yields: 60 (2 x 2 ½-inch) servings**

#### **Brownies**

12 eggs

2 pounds sugar

1 pound butter, melted

¼ cup vanilla

12 ounces cake flour

8 ounces cocoa

4 teaspoons baking powder

2 teaspoons salt

12 ounces nuts, chopped (optional)

Preheat oven to 325°. Beat eggs on high speed. Add sugar, fat, and vanilla. Mix on medium speed for 5 minutes.

Combine dry ingredients. Add dry ingredients to creamed mixture and mix on low for about 5 minutes. Add nuts. Mix to blend.

Spread mixture ½ inch thick in pan. Bake. Should be soft to the touch when done. DO NOT OVERBAKE.

**Yields: 1 (12x20x2") pan of 48 portions**

#### **Fudge Cake**

12 ounces butter

2 pounds sugar

1 tablespoon vanilla

6 eggs

5 ounces cocoa

1 ½ cups hot water



## LOW-BARRIER SHELTER FAQs

1 pounds 12 oz. cake flour

1 ½ tablespoons soda

1 teaspoon salt

3 cups buttermilk

Preheat oven to 350°. Cream fat, sugar and vanilla on medium speed of mixer for 10 minutes.

Add eggs and mix at medium speed for 5 minutes.

Mix cocoa with hot water.

Mix dry ingredients. Add alternately with cocoa and buttermilk to creamed mixture on low speed.

Scrape down bowl. Continue mixing until smooth and ingredients are mixed. Pour into 6 greased 9-in. layer pans. Bake for 25 – 30 minutes.

**Yields: 3 2-layer cakes (9-inch) – 14-18 portions per cake**

### **Gingerbread**

10 ounces butter

10 ounces sugar

2 ½ cups sorghum

1 lb. 10 ounces cake flour

2 ½ teaspoons cinnamon

2 ½ teaspoons cloves

2 ½ teaspoons ginger

1 ½ tablespoons soda

1 teaspoons salt

2 ¾ cups hot water

5 eggs, beaten

Preheat oven to 350°. Cream fat and sugar on medium speed for 10 minutes. Add sorghum and blend on low speed. Combine dry ingredients. Add dry ingredients alternately with hot water on low speed. Add eggs and mix on low speed for 2 minutes. Pour into greased 12x20x2" baking pan. Bake for 40 minutes.

**Yields: 40 portions (2 ¼ x 2 ½ in.) or 48 portions (2 x 2 ½ in.)**