Cookin' With CASPAR: A Volunteer Opportunity That Feeds The Soul!

The Basics: Cookin’ With CASPAR is a team-building volunteer experience that involves participants sponsoring, preparing, serving, and cleaning up after dinner for approximately 110 guests at the CASPAR Emergency Services Shelter and individuals served by our FirstStep Street Outreach team, both based at 240 Albany St. in Cambridge.

On average, CASPAR serves 100,000 meals per year, on a budget of just $30,000. So, Cookin’ With CASPAR is a great program that offers opportunities to feed our homeless neighbors delicious, healthy food, which the Shelter cannot afford to provide.

Sponsorship Levels
Participating volunteer groups can choose which level meal they’d like to sponsor (sample menu ideas included):

- **Start Up ($1,000)**: Taco Night
- **Incubator ($1,500)**: Veggie Lasagna
- **Innovator ($2,000)**: Roasted Chicken, Garden Veggies & Mashed Potatoes
- **Venture Capital ($2,500)**: Summer BBQ

Our Group Can’t Wait to Get Started! What Do We Need to Know?

- Our kitchen is not large, so our ideal-sized volunteer group is between 10-14 people. However, we welcome all generous assistance! So, if your group is larger, some participants can help out in our Donation Boutique, Library or Healing Garden.

- **Cookin’ With CASPAR** dinners are usually scheduled for Wednesdays. We ask volunteers to arrive by 2 p.m., and groups usually finish around 6 p.m. If your group is unable to do a Wednesday session, however, we are happy to make alternate accommodations.

- Recommended dress: Volunteers should wear closed toe, comfortable shoes, jeans/clothes that can get messy, and baseball caps. In the absence of caps, all folks with long hair will have to tie
it back and wear a hairnet. For safety reasons, we ask that participants not wear shorts, skirts or sandals.

- Make it a party! Feel free to bring your favorite downloaded playlist and small speakers, as volunteer groups have been known to sing and dance in the kitchen.

- Please provide us with a list of volunteers prior to your CWC shift, as we need to know everyone who is coming into the house.

- All volunteers will also receive a tour of the Shelter, and information about CASPAR’s life-saving efforts in fighting homelessness and substance use disorder.

You’re Ready to Have Fun in the Kitchen!

Our CASPAR staff and shelter guests can’t wait to welcome you into our home! To learn more about CASPAR, please visit www.casparinc.org, and follow us on Twitter @CASPARCamSom. #CookinwithCASPAR.

For more information about Cookin’ With CASPAR, or to schedule a volunteer opportunity, please contact Julia W. Londergan at jlondergan@caspar.org. Or, to make your Cookin’ With CASPAR donation online directly, click here.