

**ROP Kitchen Responsibilities and Expectations**



<b><u>In the LEFT FRIDGE</u></b>	<b><u>In the RIGHT FRIDGE</u></b>
Store your food in your own bin	Food provided by ROP
Only eat your own food	Everyone must share this food
Label and date your food that does not fit in your bin	Do not store your personal food in this fridge

**Covenant House Provided Food**

***Covenant House provides food for all ROP participants.***

Non perishable food items include: rice, potatoes, onions, pasta, tomato sauce, oats and spices. These food items are stored in the cupboards.

Perishable food items (those that require refrigeration) include: milk, juice, eggs, veggies, cheese, condiments. These **food items are stored in the refrigerator on the right side. All food in this fridge is available for all ROP participants.**

- **Bag lunches** are available upon request as your day plan requires.
- **Saved dinners** are brought up after CH dinner time. If you placed your name on the saved dinner list, you can expect your dinner to be available at 6pm. Your saved dinner will be **stored in the fridge in the lounge**. *Reminder: you must ask staff before opening this fridge.*

If the meal is not eaten by dinner time of the following day, the meal will be moved to the fridge on the right side in the kitchen making it available for anyone to eat.

**Personal Food**

***ROP encourages participants to increase their skills and comfort with preparing meals***

- **Food bins** are available for all ROP participants. Food bins are marked with your room number and are to be used **for storing perishable personal food items**. Perishable food items are those that need to be refrigerated such as, dairy products (milk, cheese, yogurt), meats, vegetables, etc. For safe storage, please use CH provided bins.
- **Food bins are to be stored in the refrigerator on the left hand side.**
- **Items** that do **not** fit in your **Food bin must be labeled** with your name and/or room number. **Do not store food in plastic bags** as it interferes with the venting.
- You are **not permitted to store personal food in the fridge in the lounge**. This fridge is for Covenant House provided food only.
- In addition to a food bin, you may also **request a locker to store non-perishable food** items (things that do not need to be refrigerated such as, cereals, cookies, spices, flour, etc).
- You are responsible for making sure your bin and locker are clean.
- You may store labeled food items in the **lounge freezer for one week**. Every Friday, unlabelled items and food that has been stored for over a week will be disposed of.

Both **refrigerators** will be **cleaned of all spoiled and/or unlabelled food items every Friday by 12:00pm**. Any food that is **not labeled will be thrown in the garbage**.

Note: In order to maintain everyone's health and safety, spoiled food will be disposed of upon discovery by staff; we will not wait to dispose of it on a Friday.

### Using the Kitchen

- **Staff must supervise** whenever the **stove/oven** is being used. You are responsible for asking staff to observe you using these appliances.
- **Knives** are stored in a locked cupboard. Please **inform staff of your need** to use.
- The **oven/stove** will be **unavailable the 1<sup>st</sup> Friday of every month** for cleaning. Signs will be posted informing you of this date/time.
- The kitchen **may be closed periodically for cleaning/sanitizing**. Signs will be posted informing.

### Kitchen Activities



**Covenant House Toronto**  
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- Overnight staff host **Wednesday breakfasts** where you can join them in preparing and enjoying different breakfast meals.
- ROP offers a number of **cooking life skill workshops**. This is a great opportunity to develop skills in preparing and cooking your own meals. All tasks and meals are shared and best of all.....there's no cost to participating and it's an opportunity to try out new foods!!!!
- Staff can also offer **one-to-one workshops** if you want to work on a specific skill or menu!

***Feel free to share ideas and/or recipes you'd like to try!!!!***

### **Safe Use of Kitchen**

If you are unable to meet the expectations of safe food handling and/or show disregard for program kitchen use, your curfew will be reduced until CMT can review it.

A resident may be discharged immediately if their behaviour is a breach to program sanctuary. This would include behaviour that directly affects and puts at risk the safety of the program.