



Hotel de Zink Breakfast

Information for Breakfasts

Our guests don't usually eat a lot of food for breakfast; they do not have very much time to eat. They are woken at 6am and within the next hour they have to get ready for the day, take their mattress, bedding and personal belongings out to the trailer, clean up Garden Court and eat.

If breakfast items can be purchased individually wrapped, or wrapped once purchased, they can be taken with them to eat later. Bananas, oranges, boiled eggs, breakfast bars and yogurts are also good to take along with them. Costco shopping is not good for breakfasts. They do not eat in such quantities. A smaller amount of a variety of food seems to work better and caters to a variety of tastes. For example bringing all bagels and cream cheese does not work and just leaves us with too much left over food that we have to deal with.

We suggest that you bring a small selection of; donuts, sweet rolls, or muffins and maybe a couple of bagels. Some bananas, oranges, grapes are good and a FEW apples. Most of them can't eat apples because of poor teeth.

I will have a selection of cereals provided for the month, so please don't bring any. Bring a gallon of milk unless we let you know differently the day before, depending on how our supply is. Dinner people will probably bring milk also and that may last for breakfast as well. A gallon of juice or some individual juices is appreciated.

Breakfasts should be dropped off the afternoon or evening before, no later than 10pm and preferably before 9pm and put in the silver refrigerator, in the kitchen which will be labelled. There should always be someone there to help you if you don't know where to put them. Please have your food in a bag or box that you can label with Hotel de Zink and the date to be served. When you deliver the breakfasts you are welcome to come into Garden Court to meet our guests and other H4H volunteers.

If any of you are early risers and would like to bring your food at 6am in the morning and serve it and the sack lunches to the guests we'd be very happy for you to do this.