



Helpful Hints for Student Groups

Thank you so much for choosing to volunteer with us! We're really looking forward to meeting you and hope that you're excited about your trip to New York City! Hopefully you've already checked out our website (www.glwd.org), but just in case, below you will find some details about our organization, as well as some information about stuff to do while you're not volunteering. Feel free to contact me if you have any questions or concerns.

History

God's Love We Deliver is the New York City metropolitan area's leading provider of nutritious, individually-tailored meals to people who are too sick to shop or cook for themselves. Founded in 1985 when one woman began delivering food on her bicycle to a man dying from AIDS, God's Love now cooks 7,200 meals each weekday, delivering them to clients living with life-altering illnesses in all five boroughs of New York City, Westchester and Nassau counties, and Hudson County, New Jersey. All of our services are provided free of charge to our clients, their children and senior caregivers, without regard to income, and we have never maintained a waiting list. God's Love We Deliver is a non-sectarian organization, providing meals with the strong belief of "food as medicine." To that end, we employ a team of registered dietitians who individually tailor meals to each client's specific medical requirements. God's Love provides all services by employing a small but dedicated professional staff and with the critical assistance of over 13,000 volunteers annually.

Getting Here

Location: 166 Avenue of the Americas (6th Avenue) on the corner of Spring Street in Soho

Directions: The closest subway stops are Spring Street on the C/E trains and Houston Street on the 1 train. View mta.info for further door-to-door instructions.

Dress Code (for kitchen volunteers): Clothing must completely cover shoulders, armpits, knees and toes. Long sleeves must be pushed above your elbows while working with food. Everyone's hair must be covered in the kitchen, so we will provide hairnets, however caps may be worn providing all hair is covered. No bracelets, watches or dangling earrings can be worn. Watch our music video, "[No Tank Tops in the Kitchen](#)" to learn more about our food safety practices.

Training: We provide a God's Love Orientation and a Kitchen/Delivery Safety training at the beginning of your shift.



Volunteers working with food cannot be ill so if you are not feeling well, let us know and we can find an office project for you.

Food

Our Volunteer Lounge is always stocked with coffee, tea and water and usually pastries donated by local bakeries, so help yourselves!

Contact Information

Volunteer Department volunteer@glwd.org 212.294.8159



POSSIBLE SHIFTS DURING YOUR VISIT

While volunteering with God's Love, your team will participate in several different activities. Here is a quick description of each shift, followed by your schedule for the week.

- **Kitchen Prep 9am-4pm (except Fridays which close kitchen at noon):** Tasks include things like chopping/peeling vegetables, making meatballs and packing frozen meals. There is a break between 12 and 1 for lunch.
- **Van Deliveries (7:30am-4:30pm):** Each volunteer will be paired up with one of our drivers for the day, delivering to all of NYC's boroughs and New Jersey. It's a fun way to see the city and meet our clients. Depending on the traffic and delivery route, you will return back to God's Love between 1:30pm and 4:30pm.
- **Walking Deliveries (11am-1pm):** This entails arriving at our office for a quick training on how to properly pack the meals and delivery procedures and then heading out into the community as a group to deliver meals on foot to our clients.



WHERE TO STAY – HOSTEL RECOMMENDATIONS

American Dream Hostel – 168 East 24th Street (212.260.9779; www.americandreamhostel.com)

Big Apple Hostel – 119 West 45th Street (212.302.2603; www.bigapplehostel.com)

Chelsea Center Hostel – 83 Essex Street (212.643.0214; www.chelseacenterhostel.com)

Chelsea International Hostel – 251 West 20th Street (212.647.0010; www.chelseahotel.com)

New York Youth Hostel – 891 Amsterdam Avenue (212.932.2300; www.hinewyork.com)

International Student Center – 38 West 88th Street (212.787.7706; www.nystudentcenter.org)

Jazz on the Park Hostel – 36 West 106th Street (212.932.1600; www.jazzhostel.com)

Trinity Lutheran Church – 602 East 9th Street (212.228.5254; www.trinitylowereastside.org)

Church of St. Paul and St. Andrew – 263 West 86th Street (212.362.3179; www.spsanyc.org)

Also, many of our student teams have had good luck with AirBNB and VRBO!



FUN STUFF TO DO AND PLACES TO GO ON A BUDGET!

Museums

MoMA - 11 West 53rd Street between Fifth and Sixth Avenues; CLOSED Tuesdays; Student Ticket is \$12.00 with ID but admission is free for all visitors every Friday evening, 4:00–8:00pm;

www.moma.org

Metropolitan Museum of Art - 1000 Fifth Avenue at 82nd Street; CLOSED Mondays; suggestion of \$20 but you can donate anything and have access to the entire museum; www.metmuseum.org

Guggenheim - 1071 Fifth Avenue at 89th Street; CLOSED Thursdays; Friday evenings beginning at 5:45pm the museum hosts *Pay What You Wish*, in which admission is by donation. The last tickets are issued at 7:15pm; www.guggenheim.org

American Museum of Natural History - Central Park West and 79th Street; every day from 10:00am to 5:45pm; suggestion of \$20 but you can donate anything and have access to everything except special exhibit (tickets required); www.amnh.org

Theater and Shows

Too Much Light Makes the Baby Go Blind – Don't be turned off by the crazy name – it's really fun! 30 plays in 60 minutes with lots of audience participation! Depending on the night, tickets are \$12-\$17 and can be bought in advance online - <http://www.nyneofuturists.org/site/>. Theater is on 85 East 4th Street between 2nd and 3rd Avenues.

Nuyorican Poets Café – Performance space which presents various music, theater, performance art, poetry slam and hip hop acts. Tickets are usually around \$10 and the calendar of shows can be found at <http://www.nuyorican.org/>.

Comedy clubs – Most comedy clubs in the city are 18+ friendly. Some to check out include: <http://www.comedycellar.com/>; <http://gothamcomedyclub.com/>; <https://www.carolines.com/>;

The Today Show – If you want to be seen by family and friends back home, the key is to get there early! The live taping takes place at Rockefeller Center (48th Street between 5th and 6th Avenues) and get there by 6am if you want a good spot (earlier on days with big stars or concerts!).

Upright Citizens Brigade – Comedy and improv club which often features Saturday Night Live cast members. Shows are usually \$5-\$10 and some shows are free, but you have to wait in line. You can check out their schedule at <http://www.ucbtheatre.com/>.

Student Rush Tickets for Broadway – Policies vary from show to show, but all Student Rush ticket purchases require a valid and current student ID. Broadway box offices typically open at



10am (noon on Sundays) and close between 8:15 and 8:30pm. Arrive early to get the best deal/seats. You can also check out TKTS (<http://tkts.com/>) for Broadway deals. They have 3 locations which sell discounted tickets.

Apollo Theater – Legendary Harlem club with the famous “Amateur Night” where the audience decides who stays and who goes! Tickets start at \$20 - <http://www.apollotheater.org/amateur-night>.

Dancing and Music

Webster Hall – 19+ music venue with great shows and dancing. Cheaper tickets if bought online in advance – 125 East 11th Street; http://www.websterhall.com/about/01_general.php

Bowery Ballroom – Music venue with tons of indie and underground music acts performing nightly – 6 Delancey Street; <http://www.boweryballroom.com/>

Café Wha – Music spot in the West Village with a Brazilian dance band on Mondays, soul music on Tuesdays and the house band plays a variety of music Wednesday through Sunday. Check out their website for more information - <http://www.cafewha.com/>

Knitting Factory – Since you’re already in Brooklyn, this 18+ music venue features great up-and-coming bands and some of NYC’s best DJ’s. You can check out their schedule at <http://bk.knittingfactory.com/>. It’s located in the trendy Williamsburg neighborhood (361 Metropolitan Avenue), so be sure to go early and walk around. (Stop by <http://www.seathainyc.com/sea/brooklyn/> for some cheap and delicious Thai food!)

Activities and Landmarks

Karaoke – There are a million places to do karaoke in NYC and many of them are 18+, with prices around \$1-\$3 per song. Duet 35 is a good place to start (<http://www.karaokeduet.com/>) but there are tons in Chinatown and Koreatown as well.

Coney Island – While the amusement park isn’t open year-round, the boardwalk, New York Aquarium and of course, Nathan’s Famous Hot Dogs are! The easiest way to get there is the D, Q, N or F train to Stillwell Avenue.

Brooklyn Bridge – If you’re lucky enough to visit while it’s nice out, a walk across the Brooklyn Bridge is a great way to spend the afternoon. Not only are the views wonderful, but there’s also plenty to do on the Brooklyn side, with the waterfront, Grimaldi’s Pizza and the Brooklyn Ice Cream Factory.

Empire State Building – It’s one of NYC’s best known landmarks and definitely one of the best views of the city. It’s located on 5th Avenue and 34th Street. You can buy tickets online (<http://www.esbnyc.com/>) or the day of (though they will probably be more expensive).



Bryant Park – Located behind the Public Library, Bryant Park has great options for both cold and warm weather. In the winter, there's ice skating and during the hot summer months, there's free yoga on Thursday nights and plenty of concerts/movie nights. Check out everything what's going on at <http://www.bryantpark.org/>.

Staten Island Ferry – The ferry is one of the best FREE things to do in NYC! Truth be told, there's not much to do when you get to the other side, but the boat is a fun ride and you get an amazing view of the Statue of Liberty! Plus, South Street Seaport isn't a far walk from the ferry on the Manhattan side, with tons of restaurants to dine and warm up after your trip.

Top of the Rock – The observation deck at Rockefeller Center has an amazing view of NYC, including Central Park, the Empire State Building and tons more. Tickets are around \$22 and can be purchased online or the day of - <http://www.topoftherocknyc.com/>.

Walking Tours – Walking tours are a great way to see the city and learn some fun tidbits most locals probably don't know! There are several companies and they offer them in just about every neighborhood. Here are some to check out - <http://bigonion.com/>;
<http://www.walkingnyc.com/>; <http://walkingtoursmanhattan.com/>;
<http://nymag.com/guides/cheap/walkingtours/>

Watson Adventures – This company creates fun scavenger hunts through NYC neighborhoods. It's a really interesting way to see the sights and learn more about New York! Tickets are usually around \$20 and hunts are scheduled for Saturdays and Sundays.
<http://watsonadventures.com/schedule.html>

Shopping

Canal Street – Canal Street is known for its cheap knockoff designer handbags and just about any type of souvenir you could imagine. And once you've worked up an appetite, you'll be in the middle of Chinatown and Little Italy to grab a bite to eat.

Century 21 - Well-known as the biggest discount department store in the city. Up to 75% off on designer labels for men, women, and children. Seasoned bargain-hunters go early, early, early to avoid the mid-day madhouse. Though most of the merchandise is from last season or earlier, expect long lines for dressing rooms. 22 Cortlandt Street between Church and Broadway (<http://www.c21stores.com/index.html>)

SoHo/Broadway – Broadway is the heart of SoHo, with tons of great shopping options. While there are certainly some expensive stores, there are also plenty of good deals from H&M to Old Navy to Pearl River Market. And be sure to check out all the great street vendors as well!

Union Square – Shopping options in Union Square include Filene's Basement, DSW, Forever 21 and plenty of fun vendors in the park selling prints, t-shirts and tasty treats.



For more information, these are some great websites to check out

Time Out New York – Whatever your interest may be, this website (and magazine) covers it all from music to museums to the always-popular section, *FREE Things to Do*. It's updated daily so check it out: <http://newyork.timeout.com/>

Campus Clipper – One of our early morning volunteers works for this site and it's a great way to find deals on restaurants, shows and lots of other stuff in the city.
<http://www.campusclipper.com/>

Oh My Rockness – A comprehensive list of concerts and bands playing in the area.
<http://www.ohmyrockness.com/index.cfm>

Goldstar – If you weren't lucky with TKTS or student rush tickets, this is another great website that has deals on Broadway and off-Broadway shows playing now. <https://www.goldstar.com/>

NYCWAY – iPhone application that provides up-to-the-minute information for everything you need to get around the city! www.mynycgo.com

Broadway for Broke People – The master list of how to get discounted Broadway tickets
<http://broadwayforbrokepeople.com/>



WHERE TO EAT

Around the World – Be adventurous & ditch the Olive Garden & Times Square in favor of some new cuisines!

Sylvia's Soul Food – This Harlem landmark restaurant is known for great soul food. 328 Lenox Avenue (<http://www.sylviasrestaurant.com/>)

The Kati Roll Company – Fantastic Indian street food on Macdougall Street. 99 Macdougall Street between Bleeker and West 3rd Streets. (<http://www.thekatirollcompany.com/>)

Xi'an Famous Foods – Amazing traditional Chinese food with locations now in Manhattan! <http://www.xianfoods.com/index.php>

Little Bombay – Area east of 3rd Avenue, on the south side of East 6th Street. Lots of great, inexpensive Indian restaurants to choose from.

Baohaus – Authentic Taiwanese Gua Bao (steamed bun sandwiches) for around \$4-\$5 each. 137 Rivington Street between Norfolk and Suffolk Streets. (<http://www.baohausnyc.com/>)

Dojo – A tasty Japanese place at West 4th Street & Mercer Street. Service is slow at times, but it's ALWAYS cheap.

Yakiniku West - 218 East 9th between 2nd and 3rd Avenues. Cook your own Korean barbeque for a great deal!

Nha Trang – Vietnamese food so good, so cheap, you don't care that there's no atmosphere. 87 Baxter Street in Chinatown. And if you can't get a seat, there are plenty of other delicious options in the area.

Under \$10 – New York might be an expensive place, but you can still find plenty of good, tasty deals!

Crif Dogs – 113 St. Marks Place near Avenue A. If you're not watching your calories, Crif Dogs makes delicious hot dogs which they deep-fry and commonly top with cheeses, onions, bacon, avocado, etc. 113 St. Marks Place near Avenue A; <http://www.crifdogs.com/>. (And if you're 21+, there's a secret bar called *Please Don't Tell* downstairs – go into the phone booth in the back to get in!)

Dos Toros – Great place for a giant burrito before you hit Union Square for some shopping. 137 Fourth Avenue @ 13th Street (<http://dostoros.com/>)

Mamoun's – Voted time and time again as the "best falafel in NYC", this place is a must-visit! 19 Macdougall Street near West 3rd Street; <http://mamouns.com/>



Stuffed Artisan Cannolis – Little Italy isn't the only place to go for a cannoli in NYC. If you want to go the non-traditional route, Stuffed Artisan Cannolis has them in every flavor you could imagine, from PB&J to Birthday Cake! 176 Stanton Street between Attorney and Clinton. (<http://www.stuffedcannoli.com/>)

The Meatball Shop – A new addition to the trendy food scene on the Lower East Side, this place has a meatball for everyone, even vegetarians! 84 Stanton Street between Allen and Orchard Streets (<http://www.meatballshop.com/>)

NYC Favorites – A trip to New York isn't complete without a visit to these quintessential eateries!

Carmine's – Family style Italian food in HUGE portions. Bring your appetite!

<http://www.carminesnyc.com/> Locations in both the Theater District and Upper West Side.

Junior's – While famous for its cheesecake, this old-school diner has just about everything! You can find it in the Theater District, but it's worth the walk over the Brooklyn Bridge to see the original! <http://www.juniorscheesecake.com/>

Katz's Deli – Made famous by the movie *When Harry Met Sally*, this traditional Jewish deli is known for its giant sandwiches. Vegetarians beware; this is definitely a meat-lovers paradise! 205 East Houston Street; <http://www.katzdeli.com/>

Russ and Daughters – A trip to NYC isn't complete without an authentic New York bagel, complete with cream cheese and lox. 179 East Houston Street between Allen and Orchard (<http://www.russanddaughters.com/>)

John's of Bleecker Street – Making brick-oven pizza since 1929, this pizzeria has delicious pies and long lines, so don't go if you're in a rush. 278 Bleecker Street; <http://www.johnsbrickovenpizza.com/>

Magnolia Bakery - Popular bakery famous for its many delicious cupcake varieties, as well as many other tasty treats. You may have spotted Carrie and Miranda sharing one on *Sex and the City*! 401 Bleecker Street and 11th Street; <http://www.magnoliabakery.com/home.php>

Shake Shack – Modern-day “roadside” burger shack with several locations, though the original is in Madison Square Park (enter at Madison Avenue and 23rd Street). Some of the best burgers in the city and delicious frozen custards. Worth the wait! <http://www.shakeshack.com/>

Veniero's Pasticceria & Caffè – Authentic Italian bakery that's been around for over 100 years. 342 East 11th Street between 1st and 2nd Avenues; <http://venierospastry.com/>