

## **FOOD**

Breakfast will always be at OSSO's house (or your hotel). It's likely to be simple, i.e. bread, scrambled eggs, toast, oatmeal, yogurt, fresh fruit.

Lunch is the main meal of the day in Ecuador, and OSSO has a cook that makes lunch Monday through Saturday. A typical Ecuadorian lunch includes soup, usually with vegetables, potatoes and/or noodles; a main dish, often including chicken or beef, that is served over rice; a salad of some type, usually a mixture of vegetables; and juice. Food in Ecuador is generally not spicy and really can't be compared to what you know as American Mexican food, but it certainly is delicious!

For dinner, you can prepare it with food that's stocked in the house or go out to eat (at your own expense)\*. We provide the ingredients/basics/staples in order to actually prepare and cook meals with (we purchase very little "quick-fix" food items).

Bottled water is readily available throughout OSSO's house.

\* For full-price short-term volunteers, if you'd like to go out to eat for dinner (or lunch) at your own expense but would feel more comfortable having our Visitor Coordinator accompany you or help you, we'd be happy to send them with you at no extra cost (OSSO would cover their meal expenses out of your program fee) except for Tuesday evenings when we have our meetings and on Sundays.