

Weekend Volunteer Meal Teams

Every Saturday and Sunday teams of volunteers prepare and serve lunch and dinner for the families at The Family Place. Each team creates a menu, provides the food, prepares the meal and cleans up afterwards. Meals are served family-style with team members joining families and staff at the table. A team's time commitment is approximately three hours, which includes meal preparation, dining with families and cleanup. Teams are composed of about 5 – 8 adult volunteers; supervised older children are welcome. Teams can be made up of families, friends, church groups, or youth groups (with adult supervision). The Family Place welcomes and thanks all volunteers willing to serve as a weekend meal team.

Meal Service Details:

- Lunch is served at 11:30 a.m. on Saturdays and 12:30 p.m. on Sundays. A light meal such as salad or soup, sandwich and fruit is suggested, but don't hesitate to be creative.
- Dinner is served at 4:30 p.m. More substantial fare should be planned such as substantial salads, hardy stews, or slow-cooked crockpot-type entrees with vegetables, fruit and light dessert.
- All meals are cooked on-site, adhering to posted health codes. Please plan to arrive at The Family Place with adequate time prior to meal times to prepare the food.
- The Family Place is encouraging healthy eating habits, so pre-prepared food is discouraged (frozen entrees, etc.). Consider low calorie, low salt and sugar in your menu and try to include all the food groups.
- Round tables are washed and set prior to the meal. Food is placed in serving dishes on tables that accommodate about 8 people. Serving dishes may need to be refilled.
- Food is served family-style, not cafeteria-style. Everyone eats at the same time: parents, children, staff and volunteers. Parents are responsible for their children's food intake.
- Some children may have food allergies, food preferences or must conform to religious requirements for which the parent will take charge. **Volunteers should not serve or offer food items to children without the parent's consent.**

Communications:

- Your team should determine a team leader who provides their contact information to the Meal Team Coordinator. All communication will flow through your team leader.
- Please advise the Meal Team Coordinator of the best way to contact your team leader: email, text message, or phone.
- Your team leader will be contacted on the Thursday prior to your service weekend with a preliminary count of how many are expected for the weekend meals. The team leader will be contacted again on Saturday morning if there is a significant change in the count.
- Families are allowed two weekend passes per month to spend time with family or friends. This affects the number of people served meals on weekends. The maximum possible number of people is 40, but often is fewer. There are always more children than adults.
- Do not hesitate to contact the Meal Team Coordinator with any questions or concerns either prior to your service or the weekend of your service. We also like to hear about your team's experience and any suggestions you might have.

Meal Team Coordinator:

Kathy Schneider

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