



Meals That Heal



Know Before You Go!

Safety

- For the safety and well-being of our families, we strongly ask that all volunteers, 18 and older, be vaccinated for COVID-19.
- All volunteers must abide by kitchen safety guidelines during your shift. You and your group are strongly encouraged to review our food safety guidelines upon arrival.
- Each group will be asked to wear masks and gloves during its shift.

Group Information

- All volunteers must be 14 years and older and accompanied by an adult chaperone, if younger than 18 years old.
- All children must stay in the kitchen with an adult at all times (6 children maximum).

What to Bring

- All volunteer groups must share their menu one week prior to their service date.
- We provide pots, pans and household supplies, but each group is responsible for bringing its ingredients.
- All volunteers over the age of 18 must bring their driver's license or passport to check into LobbyGuard.

Time

- Depending on the meal opportunity you choose, your volunteer time could take up to 4 hours and could include: prep, cooking, meal service and clean-up.
- We ask that all groups arrive on time and stay until leftovers are packed and the kitchen is clean.

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