

Hot Meals for Hope

The Third Story is looking for volunteers who will purchase, prepare and serve a healthy meal to kids and adult helpers who come to our programs. This can be done one time or on a more consistent basis. Our goal is to serve **child-friendly** meals that are **healthy**. A typical meal might consist of:

Main dish - Tacos, Quesadillas, Chili-Dogs, Burritos, Pizza, Chicken Nuggets, Hot Dogs, Spaghetti, Sloppy Joes, Grilled Cheese Sandwiches, Basic Pasta Dishes, Mac and Cheese, kid friendly casseroles, chili, BBQ Chicken sandwiches, etc.

Fruit and/or vegetables - Our kids **love** fruit! They also like corn and baby carrots. Other good vegetables to bring are raw sugar snap peas, grape tomatoes and broccoli.

One small dessert per child - One **small** cookie/brownie, mini-sized cupcake, small snack mix, low fat pudding, etc. Please plan on **one** dessert per child and keep portions small.

Please:

- **No** Chips (we're trying to create a chip/soda free zone at the church to encourage healthy eating)
- **No** Drinks – our kids are in the great habit of drinking ice-water with their meals at church
- **Small** portion sizes

Details:

1. Our goal is to have **dinner ready at 5:00** each evening. (Sometimes we run a little late!)
2. We have a full kitchen and provide all the plates, cups and utensils.
3. Because of the nature of urban ministry – we are never certain how many children will attend. Please be prepared to feed **20-30** people including kids and adult staff.
4. If you bring your own school-aged children they are encouraged to **join our kids at club** while you are preparing and serving the meal. Children younger than 4 need to stay in the serving area (kitchen).
5. Please **no more than six people in your serving group**. Our ministry is small on purpose and we don't want to overwhelm our kids with too many new faces.
6. We so appreciate you preparing and serving a meal for us. We ask that our servers **stay in the serving area once our kids arrive**.
7. And finally...**Thank You! Thank You! Thank You!** You help keep our little light shining.

All meals are served at First Avenue Presbyterian Church - 120 W. First Avenue.

More questions? Please contact our Chow Captain – Kym S. (kymandkevin@hotmail.com)