

# Hot Meals for Hope

The Third Story is looking for volunteers (Sunday school classes, small groups, families) who would 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, stir fry, BBQ Chicken sandwiches, Lasagna, Pancakes and Sausage, 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 cupcakes, snack mixes, low fat pudding, etc. Please only 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.
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. You are welcome to bring your own children. We encourage children ages 4-12 to join our neighborhood kids in the on-going activities happening at the church while you are preparing and serving the meal. **We would love to have your kids building relationships with our kids rather than serving our kids.** We ask that **children younger than 4** stay with you in the food prep area since we are not set up for young children in our main ministry area.
5. Please **keep your serving group to 8 people or less** (including children). If you are looking for a project a larger group can help with, please check out **Smart Sacks.**
6. 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](mailto:kymandkevin@hotmail.com))**