

# Meal Volunteer Program

## COMMONLY ASKED QUESTIONS

### Good Hope Road Location

#### **What are the responsibilities?**

Prior to serving a lunch or dinner, you/your organization will need to make the meal at your home or another off-site location. Volunteers may NOT use our stove or oven, however you can use the microwave to heat up food as needed. Calvary will always provide all serving ware, dinnerware and cutlery.

#### **What are the hours/days of the meals?**

Two dinner servings (5:30-7:00pm or 6:30-8pm) on Friday, Saturday, and Sunday

- The first serving is at 6:00pm (you must arrive at 5:30 pm)
- The second serving is at 6:45pm (you must arrive at 6:30 pm)
- You also have the option of volunteering for both servings, if available

One breakfast serving (6:30-8:00am) on Saturdays.

One lunch serving (11:30am-1pm) on Sundays.

#### **SATURDAY BREAKFASTS**

Prior to 6:30 AM: Purchase and prepare the items for the breakfast meal.

6:30 – 7:00 AM: Breakfast volunteers arrive at Calvary and prepare to serve the meal.

7:00 AM: Breakfast begins.

7:45 AM: Final seconds called for residents, if available.

8:00 AM: Breakfast ends, volunteers can leave and staff cleans up.

#### **SUNDAY LUNCHESES**

Prior to 11:30 AM: Purchase and prepare the items for the lunch meal.

11:30 AM – 12:00 PM: Lunch volunteers arrive at Calvary and prepare to serve the meal.

12:00 PM: Lunch begins.

12:30 PM: Final seconds called for residents, if available.

1:00 PM: Lunch ends, clean-up begins.

1:30 PM: Volunteers can leave after clean-up.

#### **DINNERS** (Fridays, Saturdays, and Sundays):

**First Serving** (dinner served at 6:00pm for 12 residents.)

Prior to 5:30 PM: Purchase and prepare the items for the dinner meal.

5:30 – 6:00 PM: Dinner volunteers arrive at Calvary and prepare to serve the meal.  
6:00– 6:30 PM: Dinner served to residents.  
6:30 PM: Final seconds called for residents, if available.  
6:30 – 6:45 PM: Clean-up. Second dinner group on-site.  
6:45 PM: Dinner ends. Volunteers can leave after clean-up.

**Second Serving** (dinner served at 6:45 for 25 residents.)

Prior to 6:30 PM: Purchase and prepare the items for the dinner meal.  
6:30 – 6:45 PM: Dinner volunteers arrive at Calvary and prepare to serve the meal.  
6:45 – 7:15 PM: Dinner served to residents.  
7:15 PM: Final seconds called for residents.  
7:30: Dinner ends. Volunteers can leave after clean-up.

**What if I provide both servings of dinner?**

The programs will still eat in two shifts, but the switch between meals will go faster since you're already set up. You can leave as soon as you are done cleaning up.

**Should I bring any utensils for the meal?**

While we provide all dishes and cutlery, you are welcome to bring paper products if you prefer. If you use Calvary's dishes you will only be responsible for cleaning up the dishes.

Please do note: you will not have access to any sharp knives while on site at Calvary. If you will need one to prepare and serve your meal, please bring one with you.

**Are there any meal guidelines or food suggestions that you have?**

You are welcome to make whatever kind of food you would like, but we do recommend preparing healthy options in the meal. Many of the women residing at Calvary suffer from ailments such as hypertension, high cholesterol, and diabetes; and a healthy diet can help women who are working to manage these problems.

As for meal suggestions: The residents like tacos, soups, chili, chicken and macaroni and cheese. The residents also especially enjoy foods that follow the season (i.e. butternut squash in the fall, soups in the winter, fresh fruit in the summer etc.). The women typically do not like pork products. Ultimately, it works best if you cook a meal you enjoy and bring a few options, that way everyone will like something!

**Do I provide drinks for the meal?**

You may bring drinks, but it is not required (we do have water pitchers that can be filled on site). If you do choose to bring drinks, be sure to bring sugar-free drinks to be mindful of those women with dietary restrictions.

**Where can I park when I come to volunteer at Calvary?**

On the weekends, there is parking for volunteers in the back of Calvary. You enter the parking lot through the gate just to the right of Calvary's front door (if you are facing the door).

You can park in the back if you prefer, but please limit the cars in the back to three. Please keep in mind that the parking is limited, and the other volunteers and staff may need to park in our lot as well. Feel free to talk to the Residential Assistant at the front desk about the current parking situation to see how many cars can fit back there. If there is no parking available in the back when you arrive, there is street parking in the neighborhood around Calvary. In order to park in our lot, just call the front desk (202-678-2341, then dial 0) to ask the staff to open the gate prior to your arrival.

**How do I sign up to serve a meal?**

Reach out to Senior Community Engagement & Operations Manager, Stacia Frederick. You can also contact Stacia to schedule a meal a couple of months in advance (if you need a bit more time to plan).

Stacia will email you the Wednesday before the meal letting you know you are on the schedule for that weekend.

**What do I do if cannot come for a meal I have signed up for?**

Volunteers should only cancel in the case of an emergency, as it is very hard to replace volunteers at the last minute and we depend on these weekend meals. If you cannot prepare the meal you have signed up for, you may always order food to be delivered to Calvary. Alternatively, you may have another volunteer from your group lead the meal. It is often good to have multiple volunteers in a group trained so that if something comes up, someone could take your place.

# Meal Volunteer Program

## COMMONLY ASKED QUESTIONS

### Reach Up Location

#### **What are the responsibilities?**

Prior to serving a lunch or dinner, you/your organization will need to make the meal at your home or another off-site location. Volunteers may NOT use our stove or oven, however you can use the microwave to heat up food as needed. Please plan to cook for a 6:00pm dinner serving. Calvary will always provide all serving ware, dinnerware and cutlery.

#### **What are the hours/days of the meals?**

One dinner serving (5:30-7:00pm) on Friday, Saturday, and Sunday

- The dinner serving is at 6:00pm (you must arrive at 5:30 pm)

#### **DINNERS (Fridays, Saturdays, and Sundays):**

##### **First Serving** (dinner served at 6:00pm)

Prior to 5:30 PM: Purchase and prepare the items for the dinner meal.

5:30 – 6:00 PM: Dinner volunteers arrive at Reach Up and prepare to serve the meal.

6:00– 6:30 PM: Dinner served to residents.

6:30 PM: Final seconds called for residents, if available.

6:30 – 6:45 PM: Start cleaning up

6:45 PM: Dinner ends. Volunteers can leave after clean-up.

#### **Should I bring any utensils for the meal?**

While we provide all dishes and cutlery, you are welcome to bring paper products if you prefer. If you use Calvary's dishes you will only be responsible for cleaning up the serving utensils (the staff will clean the plates, cups, silverware etc.)

Please do note, you will not have access to any sharp knives while on site at Calvary. If you will need one to prepare and serve your meal, please bring one with you.

#### **Are there any meal guidelines or food suggestions that you have?**

You are welcome to make whatever kind of food you would like, but we do recommend preparing healthy options in the meal. Many of the women residing at Calvary suffer from ailments such as hypertension, high cholesterol, and diabetes; and a healthy diet can help women who are working to manage these problems.

As for meal suggestions: The residents like tacos, soups, chili, chicken and macaroni and cheese. The residents also especially enjoy foods that follow the season (i.e. butternut squash in the fall, soups in the winter, fresh fruit in the summer etc.). The women typically do not like pork products. Ultimately, it works best if you cook a meal you enjoy and bring a few options, that way everyone will like something!

### **Do I provide drinks for the meal?**

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### **Where can I park when I come to volunteer at Calvary?**

There is a parking lot for volunteers in the back of the Reach Up building. You enter the parking lot through the gate. In order to park in our lot, just call the front desk to ask the staff to open the gate prior to your arrival.

### **How do I sign up to serve a meal?**

Reach out to Senior Community Engagement & Operations Manager, Stacia Frederick. You can also contact Stacia to schedule a meal a couple of months in advance (if you need a bit more time to plan).

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