



2010 MEAL GUIDELINES

MUST Loaves and Fishes Community Kitchen

At MUST Ministries we place great value on the contribution that your group will make to our ministry. In order to serve a meal you will need a group of at least 4 people (no more than 15) to **purchase, prepare and serve a hot meal.**

Meal	Serving Time	Volunteer Arrival Time	Number Guest to be Served
BREAKFAST	6:30 am	5:30am– 5:45 am	64-70 guests, plus seconds*
LUNCH - Weekday	12:00 pm	10am – 11:15am at the latest	100-125 guests, plus seconds*
LUNCH - Weekend	12:00 pm	10am – 11:15am at the latest	64-70 guests, plus seconds*
DINNER	7:00pm	6:15pm	64-70 guests, plus seconds*

**Second helpings, if available, are served after the kitchen staff makes announcements*

- Please call us if you are running late! Unless we've heard from you, our staff will begin preparing a meal 45 minutes before serving time. The phone number to the kitchen is 770-427-9862 X 4111.
- **We do provide eating utensils and condiments!**
- Meals are served on cafeteria trays, paper plates are not necessary; {if your meal choice requires bowls your group must provide bowls}.
- Suggested drinks include iced tea and lemonade, MUST provides urns for dispensing.
- As you plan your menu for weekday lunches, please know that for many of those you serve, this is their only meal for the day. The most frequently served meals are Lasagna, Spaghetti, Hotdogs, and Green beans. To serve our guests with a variety please provide alternate choices.
- Our guests are not permitted to take food out of the kitchen.
- Typically, the recommended number of 100-125 servings will provide for all of the following: guests (95% of the food), plus our volunteers and community service workers who are on duty at the lunch hour, as well as those staffers who aren't able to leave campus for lunch.
- Remember that to work in our kitchen youth must be at least 16 years old. Youth between the ages of 10-16 may help serve in the dining room area. Unfortunately MUST can't accommodate children under that age of 10 as volunteers at our locations.
- Minors between the ages of 10-17 years old must be accompanied by a parent or adult with a signed release form. For youth groups, you will need one adult for every 7 youth.

Have Questions?

For more details on serving meals: Kitchen staff (770) 427-9862 X4111
 For information about the date or meals to provide: Volunteer Office (678) 218-4536
 Jackie Krapf Volunteer Coordinator Must Elizabeth Inn