

# Frequently Asked Questions about Sunday Dinners at SMC

*Provided by volunteers and service groups*



**St. Mary's  
Center**

*A Community of Hope,  
Healing & Justice*

## **What should we serve?**

We welcome a well-balanced meal of your choice.

## **Are there foods we should avoid?**

Because we serve Seniors, foods high in sodium, fats, and sugars should be avoided. Additionally, hard to chew foods should be avoided as some members have dental issues. For example, a whole apple is harder to eat than a tangerine.

## **How early should we come in to prep?**

The kitchen will be available for prep at 11:30 am, then the lunch is served at 1. If you have additional needs, or need to drop off materials before Sunday, we can accommodate.

## **How many meals should we prepare?**

Currently we're requesting 50 meals. Include more if anyone in your group plans on eating. We encourage the chefs to sit down with the seniors to enjoy the meal together. If there are leftover meals or additional food, some people do request seconds.

## **What does the timeline of the day look like?**

On Sundays, St. Mary's Center opens its doors to our clients at 11:00am. We serve a light breakfast, and provide coffee and tea service until 11:45. Seniors socialize, read the paper, play games or participate in other activities. At 12:55 we introduce our benefactors. If you would like, you can introduce yourselves to the seniors and talk about your organization, and share what you've prepared. Lunch is served promptly by 1:00. The meal usually wraps up by 1:30, and we clear the tables. Once the clean-up is done in the kitchen, you are free to leave, about 1:30 or 2:00pm.

## **What prep items do we need to bring?**

Our commercial kitchen is well-equipped with mixing bowls, pots, pans, baking sheets, and utensils. We have a large refrigerator and freezer, and a Viking Stove. Feel free to ask if you require a specific item. St. Mary's Center will provide compostable plates, cutlery, and cups.

## **What are your kitchen protocols?**

- Long hair should be tied back or put under a cap or hairnet. We have disposable gloves for you to use, but please bring your own aprons. We ask that only 4 chefs be in the kitchen at the same time.
- Volunteers should come appropriately dressed. (No tank tops, leggings, shorts, sandals. Nonslip shoes are required). Minor volunteers should have adult supervision at all times and be given instruction on how to use knives and kitchen safety
- We ask that the kitchen be left in the same condition as you found it, which includes washing and putting away all items you used.

**Sign Up**

[stmaryscenter.org/volunteer](http://stmaryscenter.org/volunteer)