

Plymouth Taskforce for the Homeless
Overnights of Hospitality
Meal Preparer Guidelines

- If possible, sign up through the MealTrain site - <https://mealtrain.com/k4w5gd>
- Plan to arrive by 5:30 PM and ready to serve the meal at 6:00 PM.
- Due to the ongoing pandemic, we will be following CDC guidelines
 - All staff and volunteers are required to be vaccinated
 - Masks are to be worn at all times
 - Hands are to be washed and plastic gloves to be worn while serving
 - All food is to be served to the guests. Guests will not serve themselves.
- To save on expenses and work, ask a friend to share the date with you. Stop & Shop gift cards are available to help with expenses, if needed. Contact your host Site Coordinator.
- Plan a simple, nutritious, and tasty meal to feed about 20 people. For any adjustments in numbers, check MealTrain before your scheduled date.
- Meal providers will have a choice of preparing meals at home and bring in to warm up, if necessary, bring pre-packaged meals, or order from restaurants to have delivered. Meal providers will also have a choice of staying to serve or drop off food for the volunteer chaperones to serve. Meal provider will contact site coordinator in advance if they are not able to stay to serve.
- Contact the host Site Coordinator or send message to MealTrain, if you need menu ideas. Note main dish menus of dates near yours to prevent repetition of same meal in same week.
- Include:
 - Main dish
 - Side vegetables and/or salad
 - Bread and butter
 - Dessert
 - Drinks, including soda, WHOLE milk, juice
 - Items for a light breakfast (eg cereal bars, muffins, fruit, crackers)
- The following items are provided at the site:
 - Paper plates, cups, napkins, plastic ware, coffee, sugar, masks, gloves, and sanitizing supplies
- Ask a FBMS staff person if any guest is to arrive late, so that a meal can be saved.
- Cleanup includes sanitizing the tables. Speak with FBMS staff person if help is needed.
- All of us appreciate your willingness to prepare and serve a meal. This may be the only hot meal our guests get every day!

Overnights of Hospitality Program Coordinator
Connie Melahoures
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Site Coordinators

First Baptist: Ray Tompkins – 508.496.4957
Christ Church: Lisa Meserve – 720.480.2711
St. Mary's: Paul Key – 617.306.8949

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