



# SATURDAY Meal Guide



Thank you for taking the time to support our families by providing healthy meals! Having access to these meals promotes nutrition and wellbeing for our clients. The main focus of KSM's community meals is providing nutritious food options while engaging with clients and building community. Below you will find information about Community Meals as well as guidelines surrounding meal preparation and kitchen amenities.

## Community Meals

- Saturday is ***breakfast open to all ages!*** Consider providing a culturally diverse meal, a themed event, or anything else to make the day special!
- When planning your menu, please reference our healthy meal builder for guidelines on how to support our clients dietary needs. Please send us your menu ***at least one week prior*** to your scheduled date.
- Coffee and tea are provided. ***We encourage meal groups to bring additional drinks & fruit/baked goods***
- Approximately 42 meals will be served to clients during our Community Meal time. ***Please prepare extra for second helpings!***



## On-Site Meal Preparation, Serving, and Cleaning

- Maximum 12 people are permitted in the kitchen at a time.
- The kitchen will be available for meal prep at 7:30am.
- A food service staff member will be on-site to assist you and provide a kitchen walk-through before you begin
- A volunteer will be on-site to prepare the dining room and beverages
- You will serve the Community Meal and engage with clients between 9:00-9:45am.
- During this time, any leftovers that remain after second helpings need to be packaged and placed in the fridge
- You will be responsible for doing the dishes and cleaning the kitchen before KSM closes at 12pm ***\*See Kitchen Cleaning Checklist for details***

## Kitchen Amenities

- Restaurant grade gas stove (6 burners) and oven
- 4-rack gas convection oven, 4-rack electric convection oven
- 3-basin sink
- Restaurant grade dishwasher/sanitizer
- Pots, pans, utensils, dishes, kitchen tools, etc

