

Shelter Services Meal Prep



The Details:

Date: Activity is available most weekdays January - April

Time: 1:00pm - 4:00pm

Number of Volunteers: 6-10

Volunteer Activity Location: 145 Queen St E

Corporate Contribution: \$2,500

The Need:

See first hand how Friends Catering feeds those in our programs across the city while lending a hand. Volunteers will help prep meals that can be easily frozen alongside our Friends Catering team. Your participation allows for tasks to be completed more quickly AND provides an opportunity to learn more about issues surrounding food insecurity.

The Activity:

- A short introductory presentation about Fred Victor and the impact of your volunteer day
- Meal Preparation – Friends Catering Staff provides your team with hands-on training as you work alongside staff to help prepare meals for our shelters
- Volunteers will learn about food insecurity and how Fred Victor sources ingredients
- Clean up

The Follow-up:

- We will thank you and acknowledge the event on Fred Victor's social media
- **You will receive:**
 1. Photos from the day (via Google Drive)
 2. A Thank You letter
 3. A business receipt
 4. Name recognition in our Annual Report