

# Shelter Services Meal Prep

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## The Details:

**Date:** Activity is available most weekdays  
**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 (for contributions \$5,000+)