



Family Breakfast



Our families are constantly on the go between the hospitals, Family House and making sure their families are eating while they are away from home. Providing a continental breakfast is a very easy way to make an impact and help to ease the stress on families. Creating that community of support is what *Family Breakfast* is all about.

To host a family breakfast please following instructions below:

(Plan for 30-35 people)

- Arrive at 8:30am to set up
 - You are welcome to use the kitchens at Family House to prepare your meal or heat up anything as needed
 - Food can also be catered – please let us know in advance if you are planning this option.
- Breakfast from 9am-10:30am, buffet style in one of the 8 kitchens (or as predetermined in the first floor lobby). Please feel free to walk to the other kitchens and floors to invite families if few have shown up by the breakfast start time.
- Clean up at 10:30am-11:30am
 - Begin to put food into individual containers and split evenly amongst the 8 kitchens.
 - All used Family House dishware, silverware and cookware must be run through the dishwashers in order to sanitize for the families.
 - Communal areas should be straightened up, surfaces disinfected and swept to ensure a clean and safe space for families.

Please bring:

- Coffee and creamer and sugar/sweeteners
- Juice
- Fruit
- Bagels or pastries, and an assortment of spreads for the bagels
- Cups
- Paper plates
- Utensils
- Napkins
- Single-serving compostable containers – similar to these:



Menu suggestions:

- Bagels • Parfaits • Fruit • Waffles • Pancakes • Homemade muffins • Smoked Salmon • Quiche • Bacon • Potatoes • Eggs •

With the help of you and your friends, you are making it a little easier for all our families in crisis. If you would like to bring some games or set up an arts and crafts activity you are more than welcome to do so. Feel free to contact Volunteer Coordinator, Tarence Dixon, (tdixon@familyhouseinc.org) or Director of Volunteer Programs, Karen Banks (kbanks@familyhouseinc.org) or if you have any questions.

We truly appreciate your support!