



## **Family Night**

When you think of bringing people together, most of the time a dinner table is involved. Easing the stress of shopping or cooking after a long grueling day at the hospital gives our families the opportunity to relax and collect themselves. We encourage volunteer groups to eat with the families. Creating that community of support is what *Family Night* is all about. To host a family dinner please following instructions below:

(Plan for 40-45 people – or more if the volunteers would like to eat as well!)

- Arrive at 5:00pm 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.
  - Please include all ingredients listed out in case any families have food allergies.
- Dinner from 6:00pm-7:30pm, buffet style, in one of the 8 kitchens (or as predetermined on the 2<sup>nd</sup> floor pre-function space). Please feel free to walk to the other kitchens and floors to invite families if few have shown up by the dinner start time.
- Clean up at 7:30pm-8:30pm
  - 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:

- drinks (wine okay)
- Ice (if the drinks are not cold)
- Cups
- Enough food for the families
- Paper plates
- Table décor (optional)
- Single-serving compostable containers – similar to these:



Menu suggestions:

- Tacos • Chili and cornbread • Soup, toasted cheese sandwiches, salad • Breakfast for dinner (eggs, pancakes, sausage, etc.) • Baked potatoes with toppings (cheese, sour cream, broccoli, bacon) • Homemade pizza with toppings • Make your own hoagies • Baby Back Ribs • Hot dogs with salads/sauerkraut • Meat loaf and potatoes • Vegetable/Meat lasagna • Sloppy Joes • Spaghetti and meatballs, salad, garlic bread • Chili bar • Salad bar • Soup and Salad • Picnic food (salads, hot dogs, hamburgers, fruit) • Stir fry

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](mailto:tdixon@familyhouseinc.org)) or Director of Volunteer Programs, Karen Banks ([kbanks@familyhouseinc.org](mailto:kbanks@familyhouseinc.org)) if you have any questions.

We truly appreciate your support!