



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.

Creating that community of support is what *Family Night* is all about. To host a family dinner please follow instructions below:

(Plan for 70 people – or more if the volunteers would like to eat as well!)

- Arrive at 2:30pm to set up and prepare the meal
 - 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 4:30pm-5:30pm in our 2nd Floor South Kitchen. Once food is prepared begin to put food into individual containers and split evenly amongst the 8 kitchens.
- 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 5:30pm-6:30pm
 - All used Family House dishware, silverware and cookware must be run through the dishwashers 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:
 - Waters/Sparkling Water – Le Croix
 - Honest juice boxes for kids (has lower sugar)
 - Enough food for the families
 - Table décor (optional)

Menu suggestions:

- Tacos • Chili and cornbread • Soup, toasted cheese sandwiches, salad • Breakfast for dinner (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 ****Due to health safety, please do not plan on any egg dishes****

Please plan on about ¼ of the food to be vegetarian and the remaining amount to be non-vegetarian for the families. Thank you so much!

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 Chief Community Engagement Officer, Karen Banks (kbanks@familyhouseinc.org) if you have any questions.

We truly appreciate your support!

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Food Preparation and Safety

At Family House, Inc., we comply with the USDA guidelines for food preparation and safety as detailed below.

Additional information can be obtained at:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation>

- Wash hands thoroughly with germicidal soap and warm water before handling food, after handling raw seafood or meat, and after using the restroom, smoking, sneezing, or touching your face or hair.
- Wash, rinse, and sanitize all equipment & utensils before and after use. Always wash & sanitize your knife & cutting board in soapy, hot water after handling seafood, raw poultry or meat.
- Always wash fruits, vegetables & produce before serving to wash away dirt and pesticides.
- Return all ingredients to refrigerated storage if preparation is interrupted. • Use a food thermometer to check all internal cooked food temperatures.
- Bacteria multiply rapidly in “danger zone” temperatures of 41 degrees F to 139 degrees F. To ensure safety, hot foods must be held at 140 degrees F or above (most bacteria is destroyed at this temp). Stirring food frequently evenly distributes the temperature. Cold food must be kept at 40 degrees F or below.
- To destroy bacteria, poultry should be cooked to a minimum internal temperature of 165 degrees F.
- Cooked food should be served immediately and hot! Food should not be left out for more than two hours and leftovers should be stored in refrigeration.
- Avoid keeping food in danger zone temp of 41 degrees F to 139 degrees F for more than 4 hours cumulative (from preparation to service, to cool down/storage).
- Defrost frozen products in the refrigerator (not under hot running water in a sink).
- When shopping, select all of the non-perishables first, then vegetables leaving the meat and dairy for last.



Family Dinner: Host Description

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. Your role at Family House is to help create a community of support during the community meal.

Welcome

- 1) Please begin by washing your hands and wearing gloves when handling food items.
- 2) Please unload and load dishwashers and begin the wash cycle. This will greatly benefit the families and help with the cleanup process later.
- 3) Please keep in mind our children have compromised immune systems so take every precaution when it comes to food safety.
- 4) Have fun and connect with families!

Time-Line

Begin setup

1. **2:30pm.** Please start the event by washing your hands and wearing food-service gloves while handling food items.
 - o Turn on the kitchen fans while the stove is in use.
2. **4:30pm – 5:00pm.** Dinner is served during this period. Please feel free to walk to the other kitchens and common areas to invite families if few have shown up by the dinner start time. The other common areas can be found on floors 2-5 in the same location.
3. **5:00pm – 5:30pm.** Begin to clean up.
 - o Begin to put the leftover food into individual containers. Label each container with the current date. Then divided evenly as possible between the 8 kitchens.
 - o All used Family House dishware, silverware and cookware should be ran through the (2) dishwashers in order to sanitize the dishes.
4. **The main goal is to leave the kitchen as it was found.**

Additional Information

- The population of Family House is regularly in and out of Family House and the hospital. There are times when it feels like the house is very empty. Please understand sometimes families are not able to make it to the dinner. Know that if there are leftovers families will return to the house and enjoy the delicious meal you provided.
- Feel free to search other kitchens for dishware if you are unable to find items in the current kitchen. Please be sure that all borrowed dishes are returned to their original kitchen.
- Communal restrooms are located on the 1st floor of the building. Exiting the first floor elevator walk straight and the restrooms will be on the left.
- Familiarize yourself with the kitchens by checking cupboards and cabinets for dishes that will be used while cooking.
- Family House can provide arts & crafts supplies or board games to enhance the meal experience.

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We truly appreciate your support!