



# COOK FOR KIDS

## Information Flyer

**Bring a Group of 4-6 people to Cook for Kids!**

### WHO?

- Teams or groups of up to 6 members
- Volunteers must be 12 or older
- Volunteers under age 18 must be accompanied by an adult age 21 or older

### WHAT?

- Teams cook a meal for approximately 25-30 adult portions. Teams provide meal and milk only.
- **The team leader is responsible for recruiting their own team members, and communicating all information.**
- Teams plan the meal, purchase groceries, cook, serve, and eat with the kids and cleanup. Food must be cooked on-site, or purchased already prepared (ex: deli food). *Convenience foods (i.e. chicken nuggets, fish sticks, pre-made meatballs) do not meet the new state lunch program guidelines.*
- Meal requirements include one serving per child of the following list: meat/protein, grain/bread, fruit, and vegetable. Also 1 gallon of milk to share (1% or whole). Appropriate serving size utensils will be provided.
- Meal grid is provided for all meals to ensure rotation proteins and vegetables. Fully stocked commercial kitchen pots, pans, utensils, aprons and plates are available.
- Average cost per meal: \$100

### WHERE?

Greater Minneapolis Crisis Nursery  
4544 4<sup>th</sup> Ave. S.  
Minneapolis, MN 55419

### WHEN?

Groups can cook as many times as they want; one time only, 1x per year, bi-yearly, quarterly, 1x per month, or 1x per week.

Breakfast is 7:00 a.m. – 9:00 a.m.  
Serving time: 8 a.m.

Lunch is 11:00 a.m. – 1:00 p.m.  
Serving time: Noon

Dinner is 4:00 p.m. – 6:00 p.m.  
Serving time: 5:00 p.m.

### WHY?

- Help prevent child abuse and neglect and encourage healthy choices for kids in a simple and fun way that can easily fit into your busy schedule!

### HOW?

- Complete an online application at: <http://crisisnursery.org/volunteer>.
- **All** team members must sign a Group Information/Confidentiality Form.

*There is an online calendar on our website showing available dates and times that meals are open for your team to cook!!*

Call or Email:  
**Abbie Hugunin**  
Volunteer Services Associate  
**Phone:** (612) 767-8470  
**Email:** ahugunin@crisisnursery.org

***Please post and share with friends, family and co-workers!!!***