



Meals Frequently Asked Questions

Where are the meals delivered?

Please deliver meals to My Sister's House, 3239 Beatties Ford Road.

When should volunteers deliver the meal?

Meals should be delivered no later than 3pm. Some of the residents are ready to dine by that time.

Are volunteers required to stay and serve the meal?

No. The women work and are not all there at the same time. Since the pandemic, the activity component is no longer expected. Most volunteers drop off the food. There is a Resident Assistant on staff 24 hours during the weekends, and they will receive the meal. If volunteers enter the building, we are asking no more than 3-4 volunteers at a time.

What type of meals are expected to be served.

Our residents would appreciate a hot meal, such as a three-course meal to include a protein, vegetable, and starch. You do not have to provide a lot of options.

Should volunteers bring serving items and utensils?

No, you do not need to provide serving utensils, just the meal. We often ask for paper products as a donation; however, it is up to the volunteer.

Are sandwiches and pizza acceptable?

Our residents love sandwiches and appreciate healthy choices, such as turkey, ham, or roast beef. However, they would appreciate a hot meal on Sundays. Pizzas are great, but not the choice for a Sunday meal.

Change of plans?

If you cannot provide a meal on the date that you signed up, please let us know at least by Wednesday. We understand that schedules change. However, it takes a lot to plan and prepare meals for the residents, and being notified on Friday creates a challenge for the chef and staff. Volunteers canceling more than twice will be asked to seek other volunteer opportunities instead of providing meals.

If preparing meals at home, please review: <https://www.fda.gov/consumers/free-publications-women/food-safety-home>.