

Food Coordinators

Food can be prepared by coordinators or a caterer can be utilized.

Breakfast - Provide breakfast for 20 people.

Suggested items for breakfast include:

- o Bananas, apples, muffins, bagels, donuts, breakfast bars, biscuits (ham, sausage, and/or egg)
- o Water, coffee, hot cocoa, fruit juice
- o Avoid serving only sweets, volunteers will need protein!!!

Set up breakfast by **7:00am** so volunteers can eat before the safety meeting at 7:30am.

Lunch

Provide a hearty lunch for 35 people. (or your group number plus 10 to include the family and supervisors)

Suggested items for lunch include:

- o Meat sandwiches, hamburgers, hotdogs, chicken, chili, burritos, barbeque, tacos, spaghetti
- o Fruit salad, pasta salad, chips, cookies, brownies
- o Avoid food items that can go bad in the heat.

Make sure lunch is ready by **11:15am**. All houses will break for lunch at **11:30am sharp**. If food arrives earlier, please keep volunteers building until 11:30am. It is very helpful to Habitat staff and SOS when everyone breaks for lunch at the same time.

Provide a hearty lunch with a few options to accommodate various dietary needs. You may want to also check with your partner family to see if they have any special needs. Many of our families may prefer a vegetarian meal.

Snacks

Make snacks available to your volunteers throughout the day.

Suggested items for snacks include:

- o Bananas, apples, cookies, protein bars, granola bars, trail mix, etc.

Helpful Tips:

- Keep sugary foods and drinks to a minimum because they have been known to cause upset stomachs as well as sugar highs and lows.
- Check with your volunteers and partner family regarding diet restrictions to ensure that everyone has plenty to eat and drink (someone might be vegetarian or have religious restrictions).
- Ask vendors you use regularly, for example, a caterer, if* they are willing to donate food or provide a price break. Also, many local restaurants will either donate or offer a discount if you tell them why you need the food.

Recommended Food Vendors:

Habitat has used the below vendors for various build site food deliveries with good success.

- **Panera Bread** (breakfast & lunch)
615.351.2166 – ask for Peggy Ward
- **Jason's Deli** (breakfast & lunch) – ask for Jessie
615.340.9991
- **Taziki's** (lunch only)
615.651.4583 – ask for Travis Laha
- **Whitt's BBQ** (lunch only)
615.868.1369 – ask for Carter if available
- **Jersey Mike's** (lunch only)
615.618.1257 – tell them building with Habitat and ask for discount (10-20%)
- **Moe's** (lunch only)
615.715.3483
- **Hunt Brother's Pizza** (lunch only)
615.330.9034 – Patricia Hunt

***Thrivent Action Team Funds can be used to purchase food.**