



Thank you for volunteering with us at Healing Meals Community Project!

Below are guidelines to help orient you to our culture at Healing Meals.

Everything we do we do with intention of being heart centered and love guided. We are blessed to be an affiliate of the Ceres Community Project and we believe that they have developed a wonderful and sustainable model for us to follow. Therefore, we believe that the intention with which we interact with each other, do our work together, is a vital part of the healing nature of the food we prepare each week.

When you arrive at the kitchen, please come ready to pitch in and do what is needed. Every task is important and vital to a smooth running kitchen. Our goal, each and every time we are in the kitchen, is to prepare food that is beautiful, nourishing and made with love. These meals are designed to be rich in nutrients to support our clients' ability to heal. The meals are 100% organic and locally sourced whenever possible.

Guidelines:

- No cell phones allowed in the kitchen
- Wear appropriate clothing. You must wear closed toe shoes, long pants, and shirts with sleeves (No tank tops). Hair must be pulled back, or please wear a hat or bandana.
- Sign in when you arrive and sign out when you leave
- Wash your hands immediately upon entering the kitchen. During your time in the kitchen, it is important to wash your hands often- whenever you sneeze, touch your hair or face, after eating, going outside, using the restroom, touching your cell phone.
- Wash your hands after touching raw meat, poultry or seafood.
- Clean up your work area as you go.
- Stay hydrated! You will be working hard and the kitchen area can get warm. Take time to drink water.
- Ask, ask, ask questions! There are NO bad questions. This is how we all learn.
- If you cannot make your shift, you must call our volunteer manager and let her know as soon as possible. If you do not show up, then we will be scrambling to find someone else to do your work.
- We will be tasting the food but do not have a meal during the shift so please eat before your shift.

Healing Meals Community Project, P.O. Box 501, Simsbury, CT 06070

Healing Meals Community Project is a 501c3 non-profit

~~Nourishing a community~Empowering our youth~~

