

Who We Are

SECU Family House is a safe, nurturing, affordable home for patients and their loved ones who travel great distances to UNC Hospitals for life-saving procedures and serious illnesses.



The Family House Meal from the Heart Program is perhaps the most mutually beneficial activity we offer:

- Guests enjoy a nourishing meal, as well as the chance to relax in a community setting.
- Meal teams share their time and talent in support of Family House's mission.

Get Involved!



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This brochure provides an overview of the Meals from the Heart program and essential information to help you plan and prepare.

We look forward to seeing you soon!



More info!

More information including an overview video and calendar can be found here



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Follow us on social media—your team may be featured!

FamilyHouseChapelHill SECUFamilyHouse @SECUFamilyHouse
 [linkedin.com/company/secu-family-house-at-unc-hospitals](https://www.linkedin.com/company/secu-family-house-at-unc-hospitals)



SECU Family House Volunteer Program



Who, What, When...

At Family House, our goal is to provide meals to guests as frequently as possible.

Breakfast:

- Serving Time: 8 a.m.
- Number of Volunteers: Up to 15
- Number to Feed: 40-50

Brunch or Lunch

- Brunch 10:00 a.m. Lunch 12:00 p.m.
- Number of Volunteers: Up to 15
- Number to Feed: 30-40

Dinner

- Serving Time: 6:00 p.m.
- Number of Volunteers: Up to 15
- Number to Feed: 70-80

Making a meal at Family House is a great way for businesses, clubs, student organizations, churches, friends or neighborhood groups to serve our community while enjoying time together.

Example Meals

Meals can be as simple or involved as you prefer. Meals range from pizza and salad, to more elaborate entrees and sides. Here are some popular favorites, but you are only limited by your imagination.

- Taco Bar with all the fixin's
- Chicken, Mashed Potatoes, Vegetables, and Rolls
- Lasagna, Spaghetti and Meatballs, Salad, and Bread
- Soups and Stew, Rice, Fruit Salad, Rolls
- Chicken Pot Pie, Rolls, and Dessert

Planning Your Meal

Family House staff are available to advise you throughout the meal planning process. Each team should have a leader who will:

- Contact the Volunteer Office to check and reserve meal dates
- Schedule a visit to familiarize yourself with kitchen equipment and layout or [watch the video here](#).
- Ensure all members of your group follow Family House policies and volunteer registration process
- Oversee advance planning, preparation, serving and clean-up on the day of the meal

Once your first meal is complete, we hope you will consider joining the valuable group of dedicated meal teams who brighten our kitchen on a monthly, bi-monthly or quarterly basis.



Check out the volunteer meal calendar



FAQs

Who provides the food?

Volunteer teams provide a complete cafeteria-style meal (main dish, sides, and dessert) and any beverages if desired.

What does Family House provide?

You do not need to bring plates, utensils, napkins, or cups. Aprons, cookware, cleaning supplies, and disposable gloves are provided.

Where do I go when I arrive?

Pull in to the circle to deliver and drop off your items and items. There are carts available for your use. Please park in the distant spaces from the House to reserve close spaces for our guests.

Do we need to accommodate special diets?

This is not required, but please be prepared to answer any questions about ingredients used.

May we donate a meal instead of cooking it ourselves?

Yes. Please ask us about local restaurants we frequently use and logistics for donating a meal.

What if there are leftovers?

Menu items should be easily packaged, labeled and stored in the Community Refrigerator. Family House guests often arrive after a long day of appointments or travel, so be assured that leftovers will not go to waste.

What equipment is available?

The kitchen has 4 wall ovens and 2 cooktops and a selection of pots, pans and cooking utensils. [Click here to view our video tour of the kitchen.](#)