

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 Program is perhaps the most mutually beneficial activity we offer:

Guests enjoy a home-cooked 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.

This brochure provides an overview of the meal program and essential information to help you plan and prepare. We look forward to seeing you here soon.

Get Involved!



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Checklist

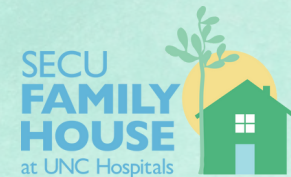
- **Review** information here and on the SECU Family House website
- **Communicate** with us regarding logistics, menu, and any questions
- **Plan** meal according to guidelines provided
- **Provide** comfort and care to patients and their families



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- Volunteer - MEAL PROGRAM



Who, What, When...

At Family House, our goal is to provide dinner to guests Sunday through Thursday and occasionally brunch or lunch on a weekend.

Brunch or Lunch

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

Dinner

- Serving Time: 6:00 p.m.
- Number of Volunteers: Up to 10
- Number to Feed: Up to 70

Making a meal at Family House is a great way for businesses, clubs, student organizations, church, or neighborhood groups to serve our community while enjoying time together. On-site volunteers must be at least 16. We would be happy to advise you about off-site options for larger groups or youth volunteers.

Suggested Meal Plans

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
- Rotisserie 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
- 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 calendar here



FAQs

Who provides the food?

Volunteer teams provide a complete buffet-style meal (main dish, sides, and dessert) and any beverages other than water.

What does Family House provide?

You do not need to bring plates, utensils, napkins, or cups. Coffee is available with advanced notice. Cleaning supplies and disposable gloves are provided.

What equipment is available?

The kitchen has 4 wall ovens, 2 cooktops, 3 dishwashers, and a selection of pots, pans and cooking utensils. We have a limited supply of disposable containers and food storage items.

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, and reheated. Family House guests often arrive after a long day of appointments or travel, so be assured that leftovers will not go to waste.