

Tips for Hosting a Meal for Rainbow Village Residents

Great opportunity for everyone in your family to engage with those who live at Rainbow Village!

Gather your group and get going! First, choose an organizer. Collect all members of your group's email addresses. Not everyone in your group has to be available to serve the meal on the assigned date. Group members can prepare food in advance and send with another member if they are not available to serve or cannot arrive by 6:00. 5-6 people should be there for serving, with an additional few youth for serving drinks.

Prepare all items for the meal off-site in your own homes or together in a member's home.

Prepare for 50 people; more than half of these are children.

With your group, decide on the menu and how you will prepare everything (*see note about food allergies under menu guidelines*). Determine who is cooking, who is shopping, who is serving, and how the costs will be shared. There are plates, glasses, knives, spoons, forks, and serving utensils on site for your use. ****Remember to bring disposable Gladware type containers and gallon-size Ziploc bags for packing up leftovers.**

Menu guidelines: Some residents have food allergies: nut allergy, red meat sensitivity, and egg allergy; some families do not eat pork. If possible, avoid these ingredients in your meal planning. If not, be sure to clearly label all foods that contain these items and provide an alternative. **In particular, take care that in preparing or serving any food item with nuts that there is no cross contamination.**

Plan for an entrée, one or two side dishes, salad and/or fruit, bread, beverages. Suggested beverages are lemonade, tea (sweet and unsweet), low-fat milk (no more than a gallon); do not bring soda as a beverage. We do not provide dessert.

Meal suggestions include meat casseroles and pasta dishes, hot dogs/hamburgers, soups, taco bar, sub sandwiches, chicken pieces, and barbecue. Lasagna is easy and well-liked, including vegetable lasagna, and these can be purchased at Costco or Sam's club. Crockpots with pulled bbq chicken for sandwiches is also easy and popular.

Meals are served at 6:30 p.m. in the Rainbow Village Community Center, 3427 Duluth Hwy 120, Duluth. Enter from Fox Street. The parking lot is on the left behind a new parking deck/apartment complex. The kitchen and dining room are on the 2nd floor. If the main entrance door is not open (or no one is there to open it for you), go around the left side of the building to the side entrance door. Climb stairs to the 2nd floor.

Arrive at 6:00 to set up; cleanup is generally completed by 7:30. There is a warming oven and a commercial oven onsite if food needs to be kept warm. However, all items of the meal should be prepared offsite. While adults are serving, children (supervised by an adult or older youth in your group) are encouraged to visit with the Rainbow Village residents. After adults are finished eating, you're welcome to go into the dining room and socialize with the adult residents and children.

Leftovers are to remain with Rainbow Village; you'll put them into gallon-size storage bags and/or Gladware for residents. (Rainbow Village staff will assist in getting any leftovers distributed.)