



### PARKING & CHECK-IN

Nora's Home is located at 8300 El Rio St. Houston, TX 77054. Volunteers may stop to unload items in the front and are welcome to park at any unmarked spot. Once you have arrived, check in at the front desk with Marilda Daniels or Kate Tavakoli. There will be a table in the office to store your personal items.

### SERVING

Food is placed buffet style on the kitchen counter. It's helpful if small signs are placed in front of each dish identifying the ingredients. **Gloves must be worn when handling food and serving.** Gloves are in the top drawer next to the sanitizing machine. Plan on serving approximately 15-20 guests. You will be contacted a few days before coming for a more precise headcount. Sunday-Thursday dinner numbers are between 15-25 guests. Brunch, Lunch, Dinner on Friday or Saturday usually have 10-15 guests.

Our staff and volunteers will be able to help upon request. After serving, we invite you to join our guests and have dinner with them. Getting to know our guests over a nice meal is one of the most enjoyable parts of volunteering here at Nora's Home!

### MEALS

Please submit your menu at the time of scheduling your dinner if possible. Our guests plan their week around house dinners. Here are some things to keep in mind when planning a meal:

- Most of our guests cannot eat very spicy food; some are on sodium restricted/limited diets; some require lower fat meals. All of them enjoy desserts. Providing a relatively balanced meal (e.g., main dish entrée, starch, vegetable, salad and/or fruit, etc.) often incorporating a low/no salt entrée item is preferred.
- Due to adverse reactions to certain medications our guests are taking, **please do not use pomegranate, grapefruit or Seville oranges** in your meals.
- Meal themes may be incorporated, such as Taco Tuesday/Night, Picnic Night, Southern Home Cooking, ethnic cooking or holiday themes.
- You may bring in food you prepared at home or food that was picked up from a restaurant. You may have a restaurant or caterer deliver the food for you.

### SET UP & CLEAN UP

Nora's Home has pots, pans, dishes, glasses, utensils, paper napkins, salt and pepper. Guests are accustomed to cleaning their own dishes. Dinner clean-up for your group includes all serving pieces, taking the trash out, and wiping down counters. Either the Volunteer Coordinator and/or a Nora Home volunteer host/hostess will be on-hand to assist with the meal.

### PHOTOS & SOCIAL MEDIA

Our guests have signed a photo release form and are open to having their photos taken unless they request not to. A Nora's Home staff/volunteer will be taking photos of you and group before and during serving to share on our social media platforms (Facebook, Instagram, and Twitter). We encourage you to share your time here by tagging us, checking in, or using the hashtag #NorasHome.



/norashomeNGF



@norashomeTMC



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**We welcome you to the Nora's Home Family!**