



Join the Nora's Home Helpers by providing a meal or treat to our guests! Whether you cook, cater, or simply drop-off you'll help those facing food insecurity and lift emotional burdens so our guests can focus on the transformative task of healing.

## CHECK-IN

Park in any unmarked parking and **check-in at the Front Desk**. Utility carts are available upon request to carry supplies. Personal items can be stored behind the Front Desk if needed.

## GUIDELINES

All volunteers are **required to wear masks** in the indoor common areas. They must also **adhere to our COVID-19 Attestation** which will be provided at check-in.

Kitchen volunteers **must be at least 10 years old** and **have an adult chaperone with them in the kitchen if under 14**. Children who are 14+ years may volunteer at the home without an adult chaperone. **Gloves will be provided and must be worn** when handling/serving food. For more information on our current volunteer protocols, please visit [norashome.org/volunteer](http://norashome.org/volunteer).

Our Guest Services Representative will assist with set-up and clean-up as they are available, but we request all volunteer groups plan to **arrive with enough time for preparing the meal** and **plan to facilitate clean-up after**.

## GET SOCIAL

Take pictures! Our guests are required to sign a release form permitting their photos be taken unless they request otherwise. A Nora's Home staff member will also be taking photos of your group to share on our social media platforms. Check-in, tag us, and share about your time here **@NorasHomeTMC** as **#NorasHomeHelpers!**



# WHAT TO EXPECT



If signing up for a dinner shift, we ask that you plan to serve the meal by 6pm. All other meals are flexible in timing. Once you've selected your time and day, we will contact you to confirm the headcount and help coordinate the logistics. Please submit your menu at the time of scheduling your dinner if possible. Our guests plan their week around house dinners. Below is the average number of guests you may expect to serve:

<b>Sunday-Thursday Dinners</b>	<b>30-40 Guests</b>
<b>Friday-Saturday Dinners</b>	<b>20-30 Guests</b>
<b>Breakfast, Brunch, or Lunch</b>	<b>25-30 Guests</b>

## MEAL PREP

Here are some things to keep in mind when planning a meal:

- Many guests **cannot eat very spicy food**; some are on low-sodium, low-fat diets. 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 with certain transplant medications and due to high risk of infection in our immunosuppressed guests, **please do not use pomegranate, grapefruit, or Seville oranges in your meals** and **we request all fresh green salads be triple-washed prior to serving** (even in "ready to eat" bags).
- Meal themes may be incorporated, such as Taco Tuesday/Night, Picnic Night, Southern Home Cooking, ethnic cooking or holiday themes.
- You can prepare food at home or pick up from a restaurant if you desire. Many restaurants can also deliver the food for you.
- Our **kitchens are fully equipped** with kitchen and serving ware, so outside kitchen goods are not necessary to bring (unless desired). We also provide disposable plates, cups, and flatware for our guests to simplify clean-up. **Gloves are provided** for food handling.
- Food is placed buffet style on the kitchen counter, or 3 dressed fold-up tables are available upon request **prior to the day-of**. Small signs identifying the ingredients of each dish are helpful.

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 best parts of volunteering at Nora's Home!



**NORA'S HOME**

for transplant patients and  
their families

Chief of the Day  
Pasta Night  
This is a sign from a volunteer's log, listing the day's menu and time.