

Meals Served in the Past

The following list of meals have been prepared for students in the past. The list is by no means inclusive, merely ideas to help you come up with your own ideas for student meals. Think outside the box for your meal and “three courses” are not required!

- Meatloaf, Mashed Potatoes with Gravy, Vegetable.
- Pancakes/Waffles (yes, breakfast for dinner is a hit!)
- Beef Stroganoff, Noodles, Vegetable
- Spaghetti with Meatballs
- Pork Roast, Mash Potatoes, Gravy, Vegetable
- Lasagna with Side Salad
- Baked Chicken with various coatings, Au Gratin Potatoes, Vegetable
- Soup and Salad
- Hearty Stew served with Bread
- Grilled Hot Dogs/Hamburgers, Potato Salad, Chips, Baked Beans.

Top Five Things you'll hear at Student Meals.

5. “Thank you for making dinner for us.”
4. “Are we having _____ again? Oh good, I was hoping for that. I love _____.”
3. “Seconds, we can have seconds?”
2. “May I take some home?”
1. “When are you cooking again?”

Reservations?

No, we don't expect you to make reservations however, if you still **HAVE** reservations, relax. Not sure you can “go this alone”? Speak with Pastor or the Campus Ministry Associate. They can put you in touch with experienced “meal ministers” to help you get started. You may even want to partner with others on a regular basis!

Cooking for Students: The Do's and Don'ts

DO:

- Find recipes that can easily be doubled, tripled or quadrupled. You can use www.allrecipes.com or other websites to find recipes. Scaling tools on various websites adjust the recipes for increased serving sizes.
- Find recipes that are simple, usually with just a few ingredients.
- Arrive early enough to have the meal ready by the designated time.
- Make simple, uncomplicated meals. The students seem to like these meals best and it's less work for the cooks!

DON'T:

- Sweat the small stuff. You're cooking for a very appreciative group of students, not running a restaurant.
- Try to out do the Jones Family. Make the meals which you do the best, the kind you would make for your own family. The students are sure to love what you prepare.
- Think you have to make everything from scratch? Side dishes from a box and frozen vegetables are devoured with the same appreciation as all those vegetables you're worrying about peeling, slicing or dicing.
- Be afraid of making the same meal multiple times. You may think the students might get bored but in reality, they may only be served your meal one time per month (if you sign up monthly) or even one time per semester..



MINISTERING THROUGH MEALS

A Volunteer Guide for
Preparing Meals for Students of
Lutheran Campus Ministry
at
University Lutheran Church
www.ulctempe.org

*Food for the body
is not enough;
There must be food
for the soul.
— Dorothy Day*

Student Meals Q/A

There is a lot of freedom in the preparation and serving of student meals. You are invited to discover a method that works best for you. Listed below in Q & A format are frequently asked questions regarding student meals.

How many students dine each week?

This varies from semester to semester. In addition, most semesters Wednesday meals are more heavily attended than Sunday meals. On occasion there are student activities (retreats/fund-raising, etc.) away from our community and attendance will be lower. Generally 20-25 students is a good average, but it is best to speak with Pastor or the Campus Ministry Associate about one week prior to meal preparation.

Will I need to consider dietary restrictions?

On occasion we will have a few students with allergies, some who are vegetarians or vegans. Ask Pastor or the Campus Ministry Associate whether specific students have special needs. We tend to keep peanut butter and jelly on hand for the vegetarians.

Are there any days when attendance is lighter and less food is needed?

Yes. Weekends of retreats or fund-raising, Wednesdays and Sundays surrounding holidays, etc. where attendance will be lighter. Those dates are generally marked on the sign-up sheet on the Moving bulletin board.

What types of food should I make?

Students like basic food, comfort food. Their tastes (generally) are simple. The food they like best is food prepared with love.

May I partner with someone?

Yes, many families partner with other families to prepare meals.

I am unable to cook for so many. May I provide money to pay for a meal?

Yes! Normally about \$65-75.00 will cover the food. We can order something out or have students prepare the meal. Truly, any amount for food costs is welcome.

May I prepare and simply leave the meal for someone to serve it?

Yes! Just leave instructions with Pastor or the Campus Ministry Associate, especially if it needs to be heated or watched in any way. We will put left-overs in the refrigerator for you to pick up at a later time, if there are any!

(ASU) College of Health Solutions assistant professor Meg Bruening conducted her own study of ASU freshmen living in residence halls in 2016 and found that among that specific group, the (food insecurity) number was closer to 35 percent."

- ASU food pantry provides for students in need by Emma Greguska, ASU Now Reporter

Do I need to provide dessert?

No. The students do appreciate dessert when served, but they never complain when dessert is not provided. Dessert also does not have to be elaborate either.

Do I need to provide a beverage?

No. Again, some cooks do provide a beverage and that is appreciated. We do generally have iced tea or lemonade on hand. Students will make that if you do not provide a beverage.

Where do I prepare the meal, at church or home?

Either is fine. Your preference.

Who will set up tables or clean-up?

Students generally set up and will do major clean-up. You may want to take your pots,

dishes, etc. home right away and may want to clean those yourself. However, cleaning counters, taking out trash, setting up tables, etc. is a student responsibility.

Will I need to provide table service?

No, some of our cooks like to provide plates and utensils. The Campus Center typically has plenty of plates and utensils. However, if you prepare a meal to served in a bowl, check with the church staff to ensure bowls are on hand or bring bowls with you.

May I eat with the students?

Absolutely! They love it when the host cooks visit and share a meal with them.

How can I reserve my date?

Sign up on the sheet on the moving bulletin board, or call the church office (480.967.3543).

What else do I need to know?

Cooking at home requires some thought and advance preparation.

1. Walk through the serving process in your mind. Does the church kitchen have all the necessary serving tools/plates to serve the meal your are preparing or are any special serving items required? If not, plan to bring it from home. For example, cutting boards, knives to carve, tongs, etc.
2. Meals that are stews, or are soupy require care in transporting them to the church. We suggest putting the pots/pans in a towel lined box of some kind and ensuring the box won't slide around in the trunk or back seat of your vehicle. It's very hard to get chili out of a trunk or from the floor of your vehicle.

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Jesus said to him, "Feed my sheep".

John 21:17