



# MEALS BY MOMS PROGRAM

(SUB-COMMITTEE OF FRIENDS OF FALUN)

## ***What is Meals By Moms?***

A group of volunteering parents who prepare a hot lunch option on Fridays, serve with Breakfast Cart on Thursdays, and provide food /treats for special functions throughout the year such as:

- ↳ Halloween treats
- ↳ Free Christmas Breakfast lunch
- ↳ Teacher Appreciation Lunch, decoration, classroom/recess supervision
- ↳ Free lunches for all students as funds allow
- ↳ Year-End Celebration

## ***How do I order?***

Order forms are sent out as well as posted on both the school Facebook page ([Falun School Parents](#)) and the school website ([www.falunschool.ca](http://www.falunschool.ca)). Please complete one form per child as per instructions and submit both the form(s) and payment per family in the envelope provided.

(HELPFUL HINT! – Write what each child ordered in their agenda to help remember and so you don't make a lunch accidentally!! ☺)

## ***How does it work?***

Year after year we've had such a wonderful group of parents who volunteer their time to cook and prepare Fridays hot lunch for the kids. This time is such a great gift and is truly what makes our program a success!

Again this year we are also helping the Falun School Staff on Thursday mornings with the Breakfast Cart Program. This great program is free and open to all students.

In both programs, the food is purchased by the co-ordinators and waiting in the serverly for the volunteers along with instructions. You are always teamed up with 2-3 other volunteers per Friday shift and 1 other volunteer per Thursday morning shift.

## ***How do I sign up to volunteer?***

A sign-up sheet for both programs is attached. If you volunteer, you can assume that you will be scheduled 4 to 6 times, dependent on the amount of volunteers, throughout the school year. If you cannot commit to be on the regular schedule we can certainly work you in as a substitute. And you can ABSOLUTLY sign-up for both MXM and Breakfast Cart if you wish!☺

## **A HUGE THANK YOU!**

Thank you to the Schmidt Family who once again donated the hamburgers for last year's BBQ, as well as Conoco Phillips for barbequing, not once but twice for us last year!! And to all the parents that pitched in where needed!! Much gratitude! We can plan it but it takes a team to make it happen!! ♥

## ***MEALS BY MOMS CO-ORDINATORS***

*Alicia van Oeveren, Sheli Strange, Myrna Maclure, Susanne Holmlund, Laura Kuharski*



Would you like to join our team of co-ordinators? We organize the meals, purchase the food (remitting receipts to Friends of Falun) and schedule the volunteers. Contact one of us!!

Please return form by:  
Mon. Sept. 26, 2016

## **BREAKFAST CART**

### **VOLUNTEER REQUEST FORM 2016/17**

#### **ABOUT BREAKFAST CART:**

Breakfast Cart is served daily and is a free, optional breakfast snack available to all students which varies in selection; anything from cut fruit, yogurt tubes, toast, granola bars, oatmeal, and cereal. This great program is helping to start the day off right and fueling kids to learn!! Thank you to SEARIC SOCIETY for generously funding the majority of this program!! If you have questions, please contact Ms. Ruff.

MXM's would like to continue helping Breakfast Cart by arranging a volunteer group for one morning a week. If you are able to be a part of this super program and can volunteer 4-6 **THURSDAY** mornings during the school year from **8:30AM till approx. 9:30AM** to serve and clean-up breakfast, please fill in all the information as it applies to you.

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **CELL/TEXT:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**I PREFER TO BE CONTACTED BY: (PLEASE CIRCLE ONE)**

**TEXT**

**PHONE**

**EMAIL**

☐

Please add me as a regular volunteer to the Breakfast Cart schedule 4-6 times over the school year.

☐

I am unable to volunteer on a regular basis. Please consider my availability indicated below.

☐

Please add my name to the sub list to be contacted when regular volunteers are unable to serve their shift.

#### **COMMENTS ON AVAILABILITY**

Please indicate how often you are able to volunteer, if there are any dates you are unavailable, and any other comments on your availability.

---

---

---

---

*Please note:* Once your name has been added to the volunteer list for **BREAKFAST CART**, a schedule of dates will be forwarded to all volunteers. Please mark your shift dates on your calendar. If you are unable to work your shift please make alternate arrangements by switching with another volunteer or contacting someone on the sub list to cover your shift. Also, please inform Myrna of any change made. This will ensure our **THURSDAY** meals run smoothly with all scheduled volunteers present.

*We thank you in advance for your support in this program.*

**MXM VOLUNTEER FORM  
ON OTHER SIDE!**

Please return form by:  
Mon, Sept. 26, 2016

**MEALS BY MOMS**  
(SUB-COMMITTEE OF FRIENDS OF FALUN)  
VOLUNTEER REQUEST FORM 2016/17

Our **FRIDAY** lunch program is able to continue year to year with the help of the parents of the Falun School students. If you are able to be a part of this super program and can volunteer 4-6 **FRIDAY** mornings during the school year from **10am till approx. 12:30pm** to prepare and serve lunches, please fill in all the information as it applies to you. A text reminder will be sent the beginning of your week. If you prefer a phone call or email reminder, please indicate it on this form.

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL/TEXT: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I PREFER TO BE CONTACTED BY: (PLEASE CIRCLE ONE)

TEXT

PHONE

EMAIL

☐

Please add me as a regular volunteer to the MXM schedule 4-6 times over the school year.

☐

I am unable to volunteer on a regular basis. Please consider my availability indicated below.

☐

Please add my name to the sub list to be contacted when regular volunteers are unable to serve their shift.

**COMMENTS ON AVAILABILITY**

Please indicate how often you are able to volunteer, if there are any dates you are unavailable, and any other comments on your availability.

---

---

---

---

*Please note:* Once your name has been added to the volunteer list for **MEALS BY MOMS**, a schedule of dates will be forwarded to all volunteers. Please mark your shift dates on your calendar. If you are unable to work your shift please make alternate arrangements by switching with another volunteer or contacting someone on the sub list to cover your shift. Also, please inform Myrna of any change made. This will ensure our **FRIDAY** meals run smoothly with all scheduled volunteers present.

*We thank you in advance for your continued interest and support in this program.*

BREAKFAST CART VOLUNTEER  
FORM ON OTHER SIDE!