



# Community Meals

Helping our neighbors in need with **dignity, respect & hospitality**

Our dinners are served at the **First Lutheran Parish Hall** on the corner of 4th & Wyeth Streets, in St. Helens. Call: **503-397-0090** for more information

Community Meals is a member agency of the Columbia Pacific Food Bank and operates as a benevolent kitchen. It is the only program of its kind in Columbia County and is **currently serving a warm, healthy, free meal to an average of 90 guests per evening.**

All food prepared for the meals must be supervised by at least one person that has a food handler's certification. It takes approximately 15 volunteers to set up, cook and serve each at each meal. They work in teams and commit to at least one evening per month. There are approximately 60 volunteers involved at this time for the Tuesday night Community Meals.

There are many ways to get involved: **cooking, food preparation, dining room set up, servers, and cleanup.** **Food donations are accepted as well as monetary assistance.** When in season, **garden produce** is much appreciated. Even though we utilize the Columbia Pacific Food Bank resources as much as possible, we do **need** to buy some items from local retailers such as **catsup, butter, cream of mushroom soup, cheddar cheese, mayonnaise, ranch dressing packets, milk and fresh produce.**

We are proud to serve homemade desserts. They are provided by volunteer bakers that have signed a state health form agreeing to follow food preparation rules in their kitchens.

The First Lutheran Church has now allowed Community Meals to expand the meal program to include Thursdays each week. Our goal with this expansion is to **increase food assistance to our neighbors, especially to those facing tight budgets, job loss, housing loss, frailness or loneliness and to anyone who wants to be part of our community.**

**Our Goals for 2010 include:**

- **Newsletter**
- **Website**
- **Farmers and Gardners to plant extra for Food Bank**
- **Expand our volunteer base to provide meals on Thursdays**

Thursday signup sheets are now posted on the bulletin board by the kitchen door at the First Lutheran.

**Serving dinner every Tuesday & Thursday 5:30 pm — 6:00 pm**

*Delicious and Free*

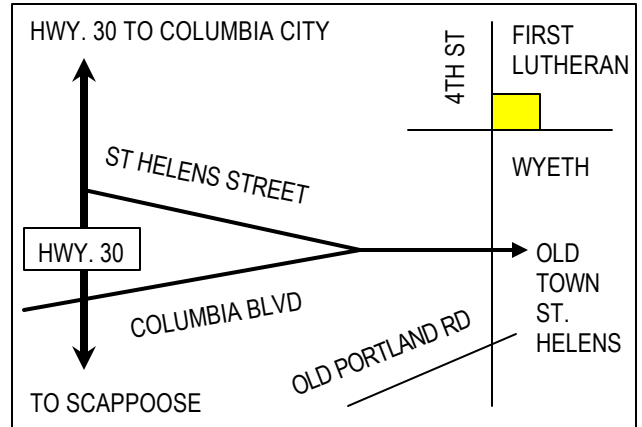


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