



# Food Groups – FAQ's

## How do I determine what role is right for me?

Our Meal Making and Treat Baking volunteer programs are great for those looking for a flexible volunteer opportunity. These programs are great for families, community groups, companies, or anyone else in regular contact with one another. We also have flexible scheduling options to make sure helping RMHWM families is as simple as possible.

Meal Making takes about 2 hours and can begin between 2 pm and 4 pm to ensure dinner is ready for families by 6 pm. This program takes place on Mondays, Wednesdays, and Fridays.

Treat Baking takes about 1 to 2 hours and can begin between 10 am and 3 pm on Tuesdays and Thursdays.

## How do I get started?

Visit our website [rmhwesternmichigan.org/volunteer](http://rmhwesternmichigan.org/volunteer) to see a calendar of opportunities. Once you find a date that works for you, sign up and fill out the required information. From there, our Volunteer Manager will be in touch with next steps!

## I signed up to be a Meal Maker or Treat Baker, do I need to bring anything?

Just yourselves! RMHWM will be providing the menu and ingredients for the programs in order to increase variety to families while simultaneously also keeping the safety and integrity of ingredients high. To help offset the costs of our groceries, visit [rmhwesternmichigan.org/donate-now](http://rmhwesternmichigan.org/donate-now) to contribute.

## When should I arrive for my shift?

Both Meal Making and Treat Baking have the option for flexible scheduling within a designated period. When you reserve a date, look for a confirmation email with more details. Here, you'll pick your arrival time that works best for your group. Onsite registration does not take long, so feel free to arrive at the decided upon time, or a few minutes early.

**Will families be eating this food right away?**

Yes! Additionally, we're asking volunteers to help prepare extra meals to store in the freezer for days we do not have extra hands to cook a full meal. So, not only are you ensuring families are fed tonight, but into the future as well.

**How is RMHWM keeping volunteers safe?**

RMHWM understands the gravity of COVID-19 and we are taking it seriously! We have implemented intense cleaning protocols, safety practices, and specific schedules to ensure minimal contact. To view a full list of our Cleaning and Safety procedures, click [here](#).