

# Evangelical Presbyterian Church Fellowship Lunches

## Food Preparation Assignment Allocation

[2024-12-08]

Each month, we take the current EPC e-mail list and divide it in half (based on the last/family/household name of each person in the list). Thus, one month you will be asked to prepare food from one category and the next month from the other category.

Category 'A' [bring *both* items]:

1. Main meal (for example: sliced roast meat, baked chicken, sausages, meatballs, rice, scalloped potatoes, lasagna, pizza, egg rolls, cabbage rolls, sliced deli meats, Deviled eggs, kishes, etc.)
2. Breads (for example: different styles or different types of grains) *OR* 'munchies' (for example: potato chips, corn chips, pre-popped popcorn, pretzels, nuts, etc.)

Category 'B' [bring *both* items]:

1. Salad (for example: green, bean, Caesar, Greek, beets, olives, etc.); *OR* fresh seasonal (pre-cut) vegetables (for example: carrot sticks, celery sticks, zucchini slices, radishes, peppers, cucumbers, etc.); *OR* fresh (sliced if appropriate) seasonal fruits (for example: grapes, tangerines, kiwis, peaches, apples, etc.); *OR* cheeses (solid).
2. Dessert (for example: pies/cobblers, cakes, cupcakes, tarts, cookies, brownies, chocolates, etc.).

Guidelines:

1. Please do not feel pressure to contribute food beyond your means. We know that some folks are suffering hardships because of the current economic conditions and due to other personal matters. Contribute as God has enabled and blessed you.
2. In households where there are different last/family names, use the name of the primary food preparer.
3. Occasionally, names in the middle of the list could appear in the same category in two (or more) adjacent months because of changes in the number of names in the e-mail list. If this occurs, switch to the other category if you wish.
4. Please bring sufficient food so that we do not run out when visitors are with us. As a possible rule-of-thumb, provide *two* extra servings of food than you would prepare for your own household.
5. Please bring prepared food items. Our kitchen is not designed for a lot of food preparation for a large gathering. Food can be kept cool in the refrigerators or heated up in your own crockpots or on your own hotplates if you wish to bring them.
6. Try to supply foods which can be served on paper plates, rather than ones which would require the use of bowls (for example, soups or soft ice cream). Similarly, try to supply desserts which are easy to serve at the buffet tables.
7. If possible, bring your contributions in disposable containers. Washing cooking pots requires additional effort in the kitchen, and some folks seem to forget to take home their cooking pots.
8. Try to prepare foods that are not overly spicy. Some folks are not comfortable with eating hot spicy foods. Alternatively, it would be helpful if you made a small sign to place beside your contribution with a warning if the food is very spicy.
9. If you prepare food which contains nuts/peanuts or uses peanut oil, it would be helpful if you made a small sign to place beside your contribution to warn anyone who has an allergy.
10. If you prepare food from your cultural/ethnic background which others might not know about,

it would be helpful if you made a small sign to place beside your contribution to inform them of what the dish contains and thereby encourage them to try something new.

11. The contributions of some folks will continue to fall within one or the other category because of their previous commitment always to provide food in that category, to ensure that we have sufficient food.
12. If you have questions (or suggestions) please send them to our congregational e-mail ([EPCToronto@outlook.com](mailto:EPCToronto@outlook.com)) or to Lillian at [lillianluzhughes@gmail.com](mailto:lillianluzhughes@gmail.com).