

Free Lunch Friday Volunteer Guide

Christus Rex Lutheran Campus Ministry

Thank you so much for serving with us! Your time and generosity help nourish both body and community. Here's everything you need to know before the big day:

BEFORE FRIDAY: PREP & DROP-OFF

- **Kitchen Access:** Our fully stocked kitchen includes **pots, pans, oven & cook top, roasters, crockpots, and a variety of spices**. You're welcome to use any of it to prep your meal.
 - **Early Drop-Offs:** You can start bringing food or supplies **the Monday before you serve**. Please just let a staff member know when you plan to drop things off.
 - **Storage:** We have refrigerator space, pantry space, and **some freezer space** available. Please check with staff if you're storing anything frozen.
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WHAT TO BRING

Each meal includes:

- ✓ **A main dish**
- ✓ **One or two sides**
- ✓ **A dessert**

We provide:

- Plates, bowls, cups, and cutlery
 - Serving utensils
 - Water (no beverages needed)
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SERVING SIZE & DIETARY NOTES

We typically serve **100 people**.

Please check in with the office if you want to know what to expect as sometimes the number can fluctuate a little bit.

Vegetarian Options:

- If your main dish **includes pork**, we ask that you bring a vegetarian option for **30 people**.
 - If your main dish **does not include pork**, a vegetarian option for **10 people** is great.
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ARRIVAL & PARKING

- Building opens at **7:00 a.m.**
- Staff will be present starting at **9:00 a.m.**
- You are welcome to prep in the kitchen as early as you'd like.

Parking:

- Free parking is available in the **spots along the back of the building.**
- Please visit the office for a parking pass.
- If the lot is full, we will help you—just check in at the office.

QUESTIONS?

Please reach out to any Christus Rex staff member. We're happy to help!

Tele: 701-775-5581

Email: und.christusrex@und.edu

THANK YOU!

We are so grateful for your support. Your cooking and kindness help make Christus Rex a place of welcome and connection for students and the UND community.