

## How Can Kids and Young Adults Help My Brother's Table?

Kids 12 and older are welcome to help prepare and serve meals. Unfortunately, our kitchen isn't the safest place for kids under 12, but there are many ways younger children can help My Brother's Table. Kids of any age are welcome to come in for a tour of My Brother's Table. Sometimes this helps them to understand what we do. Please call to schedule a tour.

-  Kids 12 and older are welcome to help prepare and serve lunch and dinner: lunch volunteers work from 10:30am until 1:00pm Monday-Friday, and dinner volunteers work from 4:30-7:30pm Monday-Friday, and 1:30-4:30 Saturday & Sunday. Call or come in to My Brother's Table to schedule a time to help serve meals.
-  Bake cookies, brownies, cupcakes or any dessert at home and deliver fresh or frozen to the Table. This is a great project for families with young children. Our guests love homemade desserts!
-  Host a fundraiser like a bake sale, car wash, lemonade stand, yard sale, etc. on behalf of the Table. These are great projects for school, church or civic groups. We can provide you with promotional materials and we can publicize the event to our supporters.
-  Collect toiletries (soap, deodorant, shaving cream, shampoo, toothbrushes, etc.) for our guests. Travel sizes work best, but we are happy to pass toiletries of any size on to our guests. You can put the toiletries together in care packages for our guests if you have a group of people interested in helping.
-  Make cards for our guests or centerpieces for our tables.
-  Collect new socks (adult male socks are best), gloves and hats for our guests. We get a lot of requests for these items because many of our guests spend a lot of time outdoors and on their feet.
-  Prepare a meal for 14 that we can use in our Joe's Meals meal delivery program. These meals are delivered to guests who are too ill to come to the Table. You can make the meal at home and deliver it fresh or frozen to the Table at your convenience.
-  Use our donation wish list and collect some of the items My Brother's Table uses to prepare meals for our guests. You can pick up the list in our office or we can email or mail you a copy of it so you know what food items we need.
-  Help with some of our seasonal needs. Lead a team to participate in the Walk for My Brother's Table in October, collect turkeys for us in November and collect sweaters, hats and gloves for our guests in December. Please call us if you have other seasonal ideas.

Visit our online volunteer application : [http://www.mybrotherstable.org/volunteer\\_application.shtml](http://www.mybrotherstable.org/volunteer_application.shtml)