

First Nations Kitchen Volunteer Guide 2024

First Nations Kitchen hosts a Produce and To-Go Meal Giveaway every Sunday outside our building (All Saints Indian Mission, 3044 Longfellow Ave., Mpls, MN 55407) from 4:00-5:00 pm.

Our Sunday Giveaway has 3 volunteer shifts: the Cooking Shift (8:30-11:30am), the Prep/Set Up Shift (12:30-3:00pm), and the Giveaway Shift (3:30-5:30pm).

Cooking Shift: 8:30-11:30 am (2-5 Volunteers)

This shift takes place inside and consists of...

1. Prepping food for cooking
2. Cooking the FNK To-Go Meals: 120-140 meat entrees, 40-50 vegan entrees.
3. Cleaning the stove top, griddle, emptying grease trap, etc. Rest of the cleaning will be done by the next shift.

There are usually **2-5 people** on this shift.

Prep/Set Up Shift: 12:30-3:00 pm (10-12 Volunteers)

A FNK team member runs this shift each week and holds an orientation circle at the beginning. Wearing masks and gloves is required for indoor work. This shift takes place primarily inside and consists of...

4. Sanitizing surfaces
5. Sorting and packaging produce as needed
6. Organizing produce for bagging
7. Putting items into bags (including a small handout with FNK info)
8. Packing up To Go meals, writing up menu for displays
9. Packing sourdough bread and any additional items to be offered
10. Wiping out fridges and cleaning the stove top
11. Thorough clean up, including bathrooms and sweeping, mopping all floors

During summer we receive deliveries of produce from St. John the Evangelist's Farmers' Market (12:30-1:00 pm). Sourdough bread is delivered around 1:30 pm. Each Volunteer Coordinator or group lead needs to update the FNK Director about the volunteer numbers, including how many children and how many new volunteers may be coming on Thursday or Friday before Sunday service. Please ask ahead of time if the number of volunteers might exceed the requested number. We need to plan for this.

GiveAway Shift: 3:30-5:30 pm (6-7 Volunteers) A FNK team member runs this shift each week and holds an orientation circle at the beginning. Wearing masks is optional when working outside. We still ask that volunteers wear gloves and masks indoors at this time. This shift takes place mainly outside and consists of...

1. Setting up tables (3)
2. Staging the To Go meals and bagged produce to be given out at our 31st street side entrance outdoors
3. Sharing Giveaway items in a safe manner
4. Breaking down tables afterwards
5. Thorough clean up outside and inside the building (including re-sanitizing all surfaces before departure, as well as coolers), finishing any cleaning jobs that were not completed in the earlier shift

The volunteer positions are ...

1. Safety/Clean-Up Host: Person in charge of helping us maintain COVID safety and in charge of cleaning up inside the building.
2. Table Host(s): Person who welcomes guests, shares menu and what options we have, and places one bag at time on table outside for guests one at time to collect (ideal if Spanish speaking). This person engages folks and keeps the line moving.
3. Bag Runner(s): Person assisting Table Host who gets bags from inside to outside and helps pack up orders for the Table Host.
4. Corner Greeter/Sign Holder(s): Person(s) (18 yrs & older) who advertises the Giveaway by holding a sign at Cedar/31st street and encourages folks to come to the FNK table.
5. Beverage Host: Person who pours and serves cold water (summer), hot coffee/tea (winter) to those waiting in line, and chats with guests to increase hospitality and connection.

Also on this shift we have 1-2 Security Hosts (paid staff) who help direct guests.

Safer Spaces Statement

Please know that building community is one of the greatest purposes of our work. Though you are with us only a short time as volunteers, be sure to take the time to visit with our guests and community leaders. First Nations Kitchen welcomes people of all faiths and compassionate practices, nationalities, races, genders, orientations, abilities, and life experiences to the table. We need everyone's help to create an environment where people of all identities can feel welcomed, normal, and safe. Help us maintain a culture of accountability that doesn't tolerate hate speech, harassment, negative "jokes" or comments on someone's identity, ability, or self worth. Let us honor and uphold each other's dignity, power and potential -- treating each person as an honored guest and leader in our community.

Updated 1/28/2024, RTB