



## Sunday Meal FAQ

Help us serve 500+ meals to community members on Sundays. We are the ONLY hot meal served on Sundays in Detroit! We are a volunteer program dedicated to anyone who is hungry and can eat by preparing nutritious and heartwarming meals for those in need. In this program, every volunteer plays a crucial role as they prepare and serve meals. We see ourselves as facilitators of love. Between those who have it to give, and those who need it.

### Sponsoring a Meal

#### What is a sponsorship?

Sponsorship is when a person or group would like to take on the task of preparing, serving, and paying for the meal and experience on Sunday. We provide expertise and leadership, but the sponsor provides the volunteers needed and the cost to serve the meal. The cost is determined by the sponsor. We have a curated [menu](#) of healthy, appropriate meals for our clients. You'll select the menu you'd like to serve based on your budget and how much effort you'd like to put into preparing the actual meal.

Crossroads does not make any money from sponsorship. Sponsorship is like a promise that someone gives to us and our clients that says, "I promise to bring 30 volunteers who will work between 8 am and 2:30 pm on the Sunday committed. I will pay the cost associated with feeding the guests from the menu I chose, and I promise to make the guests experience our priority and as positive as possible."

We have different sponsors nearly every week and open dates are usually booked in advance. We couldn't successfully feed people who are hungry without them. They are our best friends and our heroes.

#### What types of sponsorships are available?

We invite others to help us serve people in need and that help can be done by financial support, in-kind donations, children's summer lunch sponsorship, and Sunday Meal Service sponsorship. Each sponsorship plays a crucial role in supporting our mission, and we couldn't serve as many people without it.

## Why am I sponsoring the meal?

Sponsoring a meal is a direct way to make a big difference with the help we provide sponsors in our expertise. It is more than a one-time act; it is being part of a community; it is saying that helping other people is important to you and your actions show proof of that. It is helping Crossroads who does so much with so little to help more people and to help them better. It is the greatest expression of who you really are.

## What does the sponsorship process look like?

During your sponsorship planning, you will collaborate closely with our Sunday Meal Director to make decisions about your meal service. Our dedicated team is here to support you at every step, from working with our resident chef to plan the menu and to guide you as you assemble your team of enthusiastic volunteers. We are committed to making your sponsorship experience as impactful and rewarding as possible.

## How far in advance do I have to reserve my place on the calendar?

To ensure your spot, we recommend committing to a date and planning your meal service 3 – 6 months in advance. Special holidays often require a year or more in advance. You can secure your next date well into the next year if you prefer, allowing you ample time to prepare and make the most of your impactful sponsorship.

## How much does sponsoring the summer lunch program and Sunday meal cost?

Our kitchen serves more than 500 meals every Sunday. Our list of [menu](#) options range in price to fit a variety of budgets while offering similar nutrition. Our team is dedicated to helping you in any way we can to ensure the experience is as good for you as it will be for those we serve. If the sponsorship fee is more than you can afford right now, let us know and we will try to unite you with another group who is challenged by the cost, so the cost becomes shared by both groups.

## Volunteering in Kitchen

### What can I do as a volunteer?

Our main kitchen roles are Kitchen Manager, Preparation, and Serving. You can learn more about each role [here](#).

## How many volunteers do you need?

The Sunday meal operation has two shifts each Sunday. We ask for 15 volunteers for the morning shift and 15 for the afternoon shift. This means you can either sign up for the morning shift, afternoon shift, or stay the entire day. If you are part of a group, we kindly ask that you first ask your friends in the group to fill available spots.

## What are the times are the shifts?

The morning food preparation shift is from 8am – 10:45 am and the afternoon meal serving shift is from 10:30 am – 2:30 pm. You are welcome to stay for the entire shift, but you will need to sign up for both shifts.

## What if I have a group signed up but we can't get enough volunteers for our shifts?

While it is your responsibility to provide the volunteers needed to serve on Sunday, we understand that things happen, and you can end up short of volunteers. Just let us know as far in advance as possible and we'll be happy to help you with the network of volunteers we've created over the years.

## What training is required to volunteer?

Volunteers are required to review our volunteer handbook, safety protocols, and role-specific training videos before starting their shift. All training materials are available online and will be shared when you sign up. In addition, you will be required to follow all guidelines and in-person training requirements on the day of your engagement that is provided by our kitchen staff.

## Can children volunteer in the kitchen?

We love having families join us in the kitchen and we know the experience is special for the children and our clients that they help serve. All children must be accompanied and supervised by an adult, preferably a caregiver. Due to safety and liability regulations, children under 10 years of age cannot volunteer in our kitchen.

## How do I sign up to volunteer?

If you would like to volunteer your time and skills, we would love to have you join our team. It starts with creating an account in our system, reviewing the opportunities we have available and determining which of them will provide you with the sense of meaning you hope to receive. Our system will walk you through everything online from creating an account in your name to confirming your volunteer shifts. Please create an account [here](#) to sign up and learn more.

# Unified Section: Volunteering and Sponsoring the Sunday Meal

## Can I volunteer without sponsoring?

Absolutely! We always need help. It is estimated that the financial efficiency that nonprofits work from results in them having to do 2 - 3 times more work to account for them not spending money on themselves so they can better help those they serve.

## Where can I find more information?

Please refer to the volunteer training that will be shared with you via email once you sign up for a Sunday meal shift. You can also refer to our website for further information.

## How do I contact you if I have more questions?

To sponsor a Sunday meal service:

Chef Mariah Moore | [mmoore@crossroadsofmichigan.org](mailto:mmoore@crossroadsofmichigan.org) | (313) 470-3978

For more information about Crossroads and ways to become involved:

Dr. Joseph Daniel-Hoste | [jdanielhoste@crossroadsofmichigan.org](mailto:jdanielhoste@crossroadsofmichigan.org) | (313) 470-3979