

Dear Parents,

At long last, the Snack Supper schedule is ready! Thanks to all of you who signed up, especially those who are pulling double duty for us. As you can see, we still have a few spots open in the spring. I know many of you find it difficult to plan that far out with all the crazy things in your life. As we get closer to spring please let me know if you can help with these dates.

Also, just a few notes about the meals you provide:

- 1) **NO PIZZA!** Unfortunately, we have to put a stop on all the pizza that's been coming through. The kids get tired of it. Pizza is only used when we have snack supper parents that do not show up or other emergency. Steer clear of lasagna too!
- 2) **Change it up!** Communicate with your child on what they've been having at youth, and don't do something that's been done numerous times during the year. Perhaps get your child involved in the planning of the meal—have him/her pick out something he/she knows the rest of the group will enjoy.
- 3) **Dietary considerations.** We have several youth with allergies and dietary restrictions. We have two youth with type 1 diabetes, so please steer clear of carb-heavy meals. A good dose of protein is good for us all! We also have a youth with celiac disease, where her body cannot handle foods with gluten (wheat, oats, barley, rye). While it is difficult to form an entire gluten-free meal, it would be nice if there were several items such as meat with no sauce, salad, fruit, etc. that she could eat. We also have an allergy to sesame seeds. If using this is absolutely necessary to your meal, please let us know ahead of time.
Please keep all meals as healthy as possible! I know sometimes the easiest/cheapest/yummiest stuff is junk food, but let's try to keep our youth healthy as God intended our temples to be!
- 4) **Items provided.** Lemonade and tea are provided for beverages. If you want to do something else, you are on your own. Paper plates and plastic forks, spoons, knives and cups are provided. We switched back to disposable products during water restrictions.
- 5) **Cleanliness.** Please put all items back where you found them and please take all food and personal dishes with you when you leave. Take out all trash before you leave and replace the bag.

If you realize you cannot serve on your date, please let Becky Burns know as soon as possible so we can try to find someone else (Home 770-934-7080, Cell 678-524-1679). Becky will also be sending out reminders each week for the meals. Please let us know if you have any questions!

Be God's,

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