

Guidelines for Sunday Hosts

1. Provide fellowship refreshments for about 40-50 people. (More on holidays, fewer in the summer and on Sundays immediately following a holiday.)
 - a. Refreshments can include:
 - i. bagels, scones, breads, crackers (some gluten-free items appreciated; make a label for these items)
 - ii. cream cheese, sliced cheese, or other spreads
 - iii. cut vegetables and dips such as hummus, salsa, yogurt
 - iv. green or other vegetable salads
 - v. soups, stews, or chili
 - vi. cut up fruit chunks or a fruit salad
 - vii. aim for low-sugar juices, or fruit-flavored sparkling water (for something for the kids to drink)
 - viii. milk or half and half for the coffee.
 - ix. We also encourage healthy snacks lower in fat, sugar and salt. (whole grain breads, fresh fruits, roasted unsalted nuts)
 - b. Simplicity is encouraged; consider this a snack or accompaniment to coffee/tea.
 - c. Fruit, bread and cheese is a simple but excellent offering.
 - d. You can store food in the refrigerator as needed.
 - e. Coffee, teas, sugar and sugar substitutes are available at the church.
2. When you first arrive, empty the dishwasher so that it is ready for dishes right after fellowship. Many people in our congregation will put their own dishes in the washer.
3. Coffee & Tea
 - a. Put out enough coffee & juice cups and teaspoons for all to be served.
 - b. Coffee is usually made beforehand. Make sure coffee maker is plugged in before worship begins.
 - c. Fill the hot water maker about $\frac{3}{4}$ full and set out near the teas.
4. The church is well-stocked with reusable plates, bowls, eating utensils, cups. Please use these instead of single-use plastic eating ware. (We are reducing our landfill garbage for money-saving and environmental reasons).
5. Paper plates are an acceptable alternative to reusable plates.
6. Styrofoam is not used at the church due to its harmful effect on people and the earth. We have a large supply of paper napkins in the kitchen. (Extra napkins are in the cupboard under the television in the Friendship Room).
7. Present the goodies in the Friendship Room shortly after the service concludes.
8. 6. Hosts are required to clean up. Please:
 - a. Load and run dishwasher.
 - b. Sweep kitchen floor and wipe down counters.
 - c. Check refrigerator to see if anything needs to be disposed (put in compost, see

- the list for compost)
- d. Empty the coffee pot and rinse. Save grounds for compost in container provided.
 - e. Wipe down tables in Friendship Room and use carpet sweeper.
 - f. Please wash soiled kitchen towels and tablecloths and return to church soon.

(Note: If you are not physically able to handle all tasks involved, please recruit fellow congregation members as assistants.) *Thank You For Your Hospitality!*

Consider health and our environment: buy some foods organic to minimize potential harm to the consumer, the farm workers, and the farm-workers' families. But note the foods that do not need to be organic:

The Clean Fifteen*:

(Low in pesticides or other health risks,
No need to buy Organic) :

Asparagus
Avocados
Cabbage
Cantaloupe
Cauliflower
Eggplant
Grapefruit
Kiwi
Mangoes
Onions
Papayas
Pineapples
Sweet Corn
Sweet Peas
Sweet potatoes

The Dirty Dozen*:

(Buy Organic to avoid the
unhealthy chemicals):

Apples
Celery
Cherry Tomatoes
Cucumbers
Grapes
Nectarines
Peaches
Potatoes
Snap peas
Spinach
Strawberries
Sweet Bell Peppers
Chili peppers
Kale and collards

*From The Environmental Working Group's 2014 Shoppers Guide to Pesticides in Produce.
<http://www.ewg.org/foodnews/>