



ONE MEAL

IT MAKES A DIFFERENCE

How it all started...

One Meal - it makes a difference, is a charity that was established on 21st December 2014, by a group of friends who came together to give back to the community by providing a one-off Christmas meal. After the one-off service, they decided to make it a once a month service, which then led to weekly services starting in March 2015. In the last three years, **One Meal** has expanded to different locations around Sydney and now operates 15 services each week.

It starts with a meal...but doesn't stop there...

One Meal relies entirely on volunteers to provide needy people with fresh, hot and nutritious homemade meals. **One Meal** also provides breakfast, lunch and snack packs to go, warm clothing, support and toiletry packs. **One Meal** assists its patrons to access accommodation and furniture when necessary.

What does this mean for us?

As a Holy Family Parish community, we have offered to join the **One Meal** family to co-ordinate and oversee a weekly dinner service in **Miranda**.

The service will take place every **Tuesday night** from approximately **5-7pm** and will be run at the **Salvation Army at Miranda**.

We need **8 groups** to make this a reality and roughly **6-8 team members on each group** including a Team Leader.

What does the service involve?

- You will become a part of team that would join a roster and would help co-ordinate the weekly service **once every 8 weeks**.
- Each team will provide sides, desserts and breakfast packs, Miranda RSL has kindly offered to provide the main meals.
- The team will set up, serve and clean up after the dinner- this is estimated to take two hours from start to finish.
- All volunteers would be required to complete a Volunteers Orientation pack and obtain a Working with Children Check number.
- All team members and leaders would be given an orientation session.
- All volunteers would be covered by insurance from **One Meal**.

How else can you get involved?

If you'd like to be involved but can't commit to becoming a team member then we'd love it if you were able to assist with a food roster. Should a team be unable to provide the sides or desserts you can assist with this and deliver the food to the Parish on the day of service for the team to take it out that night.

I'd like to be involved...

If you'd like to be involved, please email Kaye Palmano kaye.palmano@syd.catholic.edu.au. You will need to apply for a WWC if you don't already have one and will be advised on a date for the orientation evening. From here you will be allocated a team and be given the roster.

We are so looking forward to getting this service started and if you have any questions at all we ask you to get in touch with Kaye Palmano.

Kaye palmano
Family Educator
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