## What should I bring to Trapeza?

## PRACTICAL GUIDE



If you're not comfortable in the kitchen, feel free to pick up family size food to go or ready to heat! Stouffer's Lasagna, a bucket of fried chicken, a large pizza, a fruit and cheese tray, a rotisserie chicken, ready made meals from any grocery store, chicken pot pie, Taco Bell tacos



If you're comfortable in the kitchen, but don't have a lot of time to prep, think taco bar, sandwich bar, chili bar, casseroles, waffle or pancake bar, hot dog bar, baked potato bar or nacho bar.



If you're comfortable in the kitchen and have time to prep, consider seasonal foods. Summer and Spring lend themselves to salads, sandwiches and finger foods and fall and winter is a great time for soups, stews and casseroles.



How can you help if your budget is tight? Help clean up! It takes a LOT of work to clear and wipe down the tables, clean all of the cooking and prep dishes and wash all of the serving utensils and dishes. Everyone can afford a little elbow grease to get the job done.



What if you can't make it to church on your team's weekend? We all have valid reasons for not being able to make it to church. Just get in touch with your team lead ahead of time, so he can plan in your absence.