
Sample List of Appropriate Build Site Meals

There are a few key factors to keep in mind and communicate to food providers for our build sites:

- Meals high in protein are good for energy (too many carbs will make one sleepy)
- Meals that are simple, easy to serve, and easy to clean up
- Meals that are appropriate for the weather
- Meals that don't require much on-site preparation
- Keep sides easy – chips, pasta salad, cookies, etc.
- Drinks – our volunteers typically prefer bottled water, but iced tea, lemonade, are also good choices and relatively inexpensive.
- Providing fruit & granola/cereal bars for volunteers to snack on during the day are most welcome
 - Ice cream novelties or popsicles during hot weather is greatly appreciated
 - Hot chocolate during colder weather is appreciated
- Keep in mind - Some volunteers are vegetarian/vegan/or abstain from certain foods for religious/health reasons

The following meals are typically well-received:

- Sandwiches/subs/wraps
- Pizza
- Sloppy Joe's/pulled pork
- Chili, soup (for cooler weather)
- Salads
- Tacos/burritos
- Fried chicken
- Hamburgers/hot dogs/brats (some volunteers bring a grill to the build site to cook)