

Cook-a-Meals at Family Tree

* We are currently holding Cook-a-Meals at all three of our residential programs. (Aurora, Englewood, and the Wheat Ridge area)
* Your team will decide what to cook, and gather ingredients. Basic cooking tools are available on site. We are happy to provide recipe suggestions.
* Meal prep needs to be done on site, primarily to make sure safe food temperatures are maintained. However, if you want to make something that does not have temperature requirements (such as a cake), that can be done at home beforehand.
* There is quite a bit of flexibility on dates for Cook-a-Meal. Dinner is prepared nightly, and brunch on weekends is also an option. Tuesdays, Wednesdays and Thursdays are great choices for dinner, as most residents are at home those evenings.
* House of Hope and Roots of Courage can accommodate six people. GOALS has two standard kitchens that can be used, for a total of ten cooks split between them. Larger groups can split up to do cleaning and other tasks (12 participants maximum).
* House of Hope has 39 beds. Roots of Courage has 42. GOALS population varies between 25 and 50 people. Once you've chosen a date, we can give you specifics on the number of residents and any dietary restrictions you may want to consider.
* Dinner is served between 6:00 and 6:30, and teams can come in any time after 4:00 to prepare. Weekend brunch is usually served at 11:00.

**To schedule, call 303-403-5892 or email RHawthorne@thefamilytree.org**