

# Catering Information

The CARE Course is an intense and fast-paced experience. Participants appreciate good quality, healthy, plentiful food. Catering should provide for a hearty *breakfast* and *lunch* (hot or cold), as well as *beverages & light snacks* for the *mid-morning* and *mid-afternoon* breaks.

- Food Timing - ready to go by:**
- Breakfast: 7:00am
  - Morning snack: 10:20am
  - Lunch: 12:35pm
  - Afternoon snack: 3:20pm



**Sample Menu Items** (These are *just* suggestions... we're happy for you to be creative and locally-minded!)

<b>Breakfast:</b>	<b>Morning Snack:</b>	<b>Lunch:</b>	<b>Afternoon Snack:</b>
-granola & yogurt, fruit -oatmeal / breakfast wraps -muffins, bagels & cheese -water, coffee, tea, juice	-fruit & veggie tray -granola bars / energy bites -small desserts / treats -water, coffee, tea, juice	-soup / pasta / sandwiches -salad options (pasta, greens) -small desserts / treats -water, coffee, tea, pop	-fruit & veggie tray -pita & hummus, cheese & crackers -cake / pastries -water, coffee, tea, pop

*Large platters work effectively and permit participants to pick & choose their food*

*Ideally, all dressings & dairy are 'on the side'*

## Allergies and Dietary Restrictions

The CARE Course Coordinator is aware of the dietary needs of *all* participants (and faculty) before the course takes place. We are happy to connect with the caterer to update them and ensure all dietary needs are met.

In general:

- One-third to one-half of *each* meal should be vegetarian. (Not that this many people *are* vegetarian, but if offered vegetarian food, our experience is that a *large* number of participants choose this option.)
- Please provide some low carbohydrate options.
- Participants appreciate labels / signs explaining *what* the food contains – this helps with everyone's different dietary needs / requests.

## Important Asks

- Food should *not* be individually packaged. We're happy to have large platters and to use jugs / cartons of milk & cream.
- Non-disposable cups, cutlery and plates are preferred. Participants are asked to bring their own reusable mug to save on costs and clean-up.
- Tea, coffee and other non-caffeinated beverages should be available all day long (not *just* at meal times). (From experience, we share that having only *one* 'pod-style' coffee maker (Keurig, Tassimo, etc.) for the *entire* group is not enough!! People need lots of caffeine and a line-up makes people grumpy. :)
- Several bins for recycling and garbage should be easily accessible.
- Whenever possible, please do *not* take away any leftover food. Leftovers can be munched on throughout the remaining sessions. Any uneaten leftovers are usually offered to local on-site staff. If the serving equipment needs to be collected before all the food is eaten, one of the faculty would be happy to help with that.

The catering is an important part of the delivery of **The CARE Course**, so we thank you *so much*, in advance, for your work! Please be in touch with us if we can help clarify any catering issues.