



MISSION OF
Hope®



MISSION OF HOPE MEAL PACK FAQs

General Information:

1. **Do I need to register in advance, or can I just show up?**
We encourage all volunteers to register in advance to help with planning. Online registration opens on May 11, 2025.
2. **Is there an age requirement?**
We welcome all ages, but suggest children be at least six years old to participate.
3. **What should I consider when registering my child?**
The meal packing event is a great way to teach children about service, teamwork, and making a difference. However, there are some key factors to consider to ensure a safe, positive, and productive experience for them.
 - a. Review the meal packer description below to determine if your child is able to complete the necessary tasks.
 - b. Make sure your child is comfortable with standing for long periods, repetitive tasks, and teamwork.
 - c. If your child is unable to work independently to follow the instructions, you may work jointly to complete the tasks.
 - d. Ensure your child is able to follow the safety guidelines and hygiene rules.
4. **Can we serve together as a group or family?**
Absolutely. This is an all campus serve event designed to encourage families, Life Groups, and friends to volunteer together. When you register, you will be able to indicate if you are a part of a family, Life Group, or other affiliation. We love seeing groups build community in this way.
5. **What are the volunteer opportunities?**
We need approximately 275 volunteers for each meal packing session. There are various ways you can participate. You can choose your role during registration. Descriptions below will help you decide.
 - a. **Meal Packer:** Ten to twelve volunteers are needed for every table to pack meals. Volunteers will be working in an assembly-line format. Jobs include: preparing the bags to be filled; scooping rice, vitamins, dried vegetables and soy protein into the bags; weighing and adjusting the bag volume; sealing the bags, and packing the bags in boxes.

- b. **Table Leader:** One table leader is need for every packing station. Table Leaders must be at least 18 years old and able to arrive early for set-up (8:30 am) and stay late for cleaning (3:30 pm).
- c. **Runner:** Approximately ten runners are needed for each packing session. Runners play a crucial role in ensuring the smooth and efficient movement of food supplies, packed meal boxes, and other essential materials during the meal packing event. This position requires individuals who are physically fit, comfortable lifting up to 50 lbs, and able to work at a steady, and quick pace.
- d. **Event Support:** Additional volunteers will be required to assist with check-in, greet and direct individuals, set up and maintain hydration stations, and other designated tasks. Event support volunteers must be at least 18 years old and able to show up early.

Arrival & Check-In

6. **Where is the event located?**

The meal packing event will be held at Forest Hill Church, South Park Campus located at 7224 Park Road, Charlotte NC 28210.

7. **What time should I arrive?**

Meal Packers, please arrive 15 minutes before your scheduled shift to allow time for check-in and instructions. (Other volunteers will receive specific details about arrival times.)

8. **Where should I park?**

There is ample parking available at Forest Hill Church and there will be signage to help guide you.

9. **What should I wear?**

You'll be on your feet while packing meals, so we recommend wearing comfortable clothing and closed-toe shoes. You may wish to wear a baseball cap for head covering, if you do not want to wear a hairnet.

During the Event

10. **What will I be doing?**

Volunteers will be working in an assembly-line format, measuring, sealing, and packing meals into boxes. There will also be roles for quality control and logistics. After everyone arrives, we'll show a short video about Mission of Hope as well as an instructional video for meal packing. You'll then be directed to a table with other participants. A member of our team will help everyone find a spot and answer any further questions on your specific job. You'll sanitize your hands, put on a hair net, and get to work! Feel free to switch positions and try different jobs at your table. Once your packing shift has ended, you'll help clean up your table and get a final update of just how many meals you helped pack.

11. **How long will the shift last?**

Each shift lasts approximately 2 hours.

12. **Can I bring my children?**

Yes, children ages 6 and over are welcome to participate with adult supervision. Children must be supervised at all times. No childcare will be provided.

13. Will there be breaks?

Yes, short breaks are allowed. There will also be a hydration station available.

14. How many meals will I pack?

One volunteer can pack about 325 meals. Approximately, 4,000 meals can be packed by each station in 2 hours.

15. How many meals are in each bag?

There are 6 meals in each bag. Each packaged box contains 216 meals.

Health & Safety

16. What safety precautions are in place?

All volunteers will be required to sanitize hands, wear hairnets, and follow hygiene guidelines to ensure food safety. Hairnets will be provided for any participants who do not wear a baseball cap. Beards must also be covered by a hairnet. No food or drink is allowed at the packing stations.

17. What if I have a food allergy?

The food ingredients that will be used for meals are rice, soy protein, dehydrated vegetables, and a vitamin blend. If you have a food allergy, you may choose a job at the packing station that does not involve scooping the food.

18. Is the event accessible for individuals with disabilities?

Yes, we strive to accommodate all volunteers. If you need special assistance, please contact us to discuss your specific needs.

Post-Event & Additional Questions

19. Lunch and Fellowship: There will be an opportunity to fellowship and purchase food, including Dominican cuisine. Details will be provided in the registration.

20. What happens if I need to cancel?

If you cannot attend, please let us know as soon as possible so we can fill your spot.

21. How else can I support this cause?

- a. You can help by spreading the word to recruit volunteers.
- b. In addition to volunteering, you can support us by donating to cover the cost of meals. Every meal costs \$.35. Our goal is to pack 160,000 which will cost \$56,000. You may visit this website to contribute: <https://missionofhope.com/project/fhcreall-meal-packing-event-2025>
- c. Pray that the event will make a great impact for the people in Haiti. Pray for the volunteers and leaders organizing the event. Pray that hearts will be touched, and lives will be changed by serving the Kingdom of God in this way.
- d. You can choose to partner with [Team Hope](#) to provide food to the most vulnerable in Haiti or the Dominican Republic. You can support a child or family for an entire year for as low as \$10 per month. Participants will hear more about this opportunity from the Mission of Hope team during the event.

22. Where does the food go?

After meals are packed, they are transported to be loaded on a shipping

container and prepared for shipment to Haiti. Upon arrival in Haiti, the meals are moved to local warehouses. Partner churches and organizations pick up the meals to be distributed to children and families.

Who do I contact if I have more questions?

For more questions, please email mealpack@foresthill.org.