



## Souper Steller Parent Helper Sign-Up

(please join us for an hour or two of cooking, serving, and cleaning dishes with students in the kitchen- **SO much FUN!!**  
**You are still welcome to come to the kitchen ANYTIME! We are ask for sign-ups just to ensure there will be some coverage in order to commit**

<b>Date</b>	<b>Help Description</b>	<b>Name</b>	<b>Email</b> <i>We will send a reminder</i>	<b>Phone</b>	<b>Hour(s) I can help</b>
<b>Thursday Sept 10</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Sept 11</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Sept 11</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Sept 17</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Sept 18</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>

<b>Friday Sept 18</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Sept 24</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Sept 25</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Sept 25</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Nov 5</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 6</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 6</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Nov 12</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 13</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 13</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>

<b>Thursday Nov 19</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 20</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Nov 20</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Jan 7</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Jan 8</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Jan 8</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Jan 21</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Jan 22</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Jan 22</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Jan 28</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Jan 29</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>

<b>Friday Jan 29</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Feb 11</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Feb 12</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Feb 12</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Feb 25</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Feb 26</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Feb 26</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Mar 3</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Mar 4</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Mar 4</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Mar 24</b>	<b>2-4pm Afterschool Soup and Bread prep</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>

	<b>with students</b>				
<b>Friday Mar 25</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Mar 25</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Apr 14</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Apr 15</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday Apr 15</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Wed April 20</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Wed Apr 21</b>	<b>2-5pm Set-up, bake, warm soups, serve at ACM, clean up</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Thursday Apr 28</b>	<b>2-4pm Afterschool Soup and Bread prep with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday April 29</b>	<b>9-11:30am Set-up, bake, warm soups</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>
<b>Friday April 29</b>	<b>11:30-12:30 Serve soup, help clean up, with students</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>	<b>1) 2)</b>

I would like to help by doing the **Souper Steller laundry for one semester...**

(this entails having your student pick up laundry on souper steller days and bring back the laundry by the following Wednesday)

**1<sup>st</sup> Semester**

**Name** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

**2<sup>nd</sup> Semester**

**Name** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

**I would like to help in other ways -**

- Lead Souper Steller for a week or more
- Offer recipes (ingredients need to be fairly simple and preferably available at Costco)
- Help with organization
- Shopping
- Help by bringing in items from my garden
- Other ideas?

Please leave phone number and Alyse will call you to give details or call Alyse 884-2299

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

Comment\_\_\_\_\_

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

Comment\_\_\_\_\_

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

Comment\_\_\_\_\_