

Northern Yearly Meeting Simple Foods Frequently Asked Questions

What is Simple Foods?

Simple Foods provides an option for attendees at Northern Yearly Meeting to participate in a community that prepares its own food. A wide variety of options accommodates special food needs of many people. Sharing in doing the work also makes this meal plan affordable.

What is the vision of Simple Foods?

No one's participation in a Friends Gathering should be limited by a limited variety of food available. Too many of us have not been able to participate fully, because there was too little food we could eat. But Simple Foods is more than that. It is a community of celebration of the Abundance of our mother. Our business model is FAITH. There is always enough. Enough food. Enough money. Enough labor. Everybody gets to eat!

What food needs are accommodated by Simple Foods?

Simple Foods provides a range of options at each meal and is served buffet style. All simple foods items are vegetarian. Vegan diets are easily accommodated in the range of options. Breakfasts include hot cereals, granola and fresh fruits. Lunches and dinners offer rice, bean soups and a salad bar. Fresh homemade bread is available at every meal. A special table is provided for gluten free items including condiments to stay on that table to avoid cross-contamination. Those with particular dietary concerns can contact Joan Francis directly to ensure options are available.

How can I participate in Simple Foods?

It is most helpful if you sign up in advance when you register for NYM. You may also sign up at the Lion's Camp when you arrive.

Will signing up for Simple Foods isolate me from others eating in the cafeteria?

No. Simple Foods is in the same building and you may carry your food into the main area and dine with those on the cafeteria plan.

How much time will I commit to doing my Simple Foods work? Will working for Simple Foods interfere in my capacity to participate in other programming at NYM?

There are many ways to support the work of Simple Foods. Some positions require one to be busy during workshops or gatherings. Many require a small commitment before or after a meal. You can choose your work assignment to accommodate other interests. In the past, a lot of work has fallen on a few people who have made major time commitments. We are working to distribute and plan this work better. Each person signing up early and committing to follow through on work signed up for will help everyone who participates plan better.

When do I commit to work and what are the tasks like?

- When you register you will indicate if you will sign up in advance or on site.
- Advance Job commitments: Meal coordinators, Unloading trucks on Friday, prepping Friday dinner a
- Jobs to choose when you arrive on Friday: Meal prep and cleaning