**COOK STAFF HEAD**

**Requirements**: Must have made a prior Awakening, Someone with cooking experience,

**Responsibilities**:

*Plan* *a* *Menu*

Plan a menu for the weekend that includes a balance and variety for all staffers and retreaters. Keep in mind vegetarians.

Get a count of number of members of each staff and retreaters. This includes p-staffers.

You will need to plan a Friday night dinner, 3 Saturday meals, and Sunday breakfast and lunch.

Discuss and give menu to Coordinator and CSC Director

*Supplies*

Make a list of all supplies needed

Staff Cups – Make sure there are cups for all the families and staffers

*Cooking* *Process*

Be sure to prepare food in plenty of time – Coordinator will be in contact with you on times

You are the supervisor of the kitchen. Get to know the kitchen ahead of time. Keep things moving.

Arrange transportation of food to main site. Talk with Gopher Staff Head.

Make sure all supplies make it back to and from the sites.

**Good Kat Award** – This is an activity for the retreaters to do as a family throughout the weekend to praise the Cook Staff. Plan ahead of time what activities you want them to do, skits, songs, poems, cheers, interpretive dance, etc.

**Prayer before Meals** – You are responsible for coming up with the prayer that is said before each meal. On Friday evening before dinner teach to staffers and retreaters.

**Saturday Night Theme Dinner** – Decide what theme to use for the family style Saturday night dinner. Think about decorations needed and let Gopher Staff Head know. Discuss with Coordinator and try to have it fit in with the overall retreat theme.

***Cook like you’re cooking for Jesus… because you are!***