



L: From left, Pastor Roger March, Kevin Casselman and Tony Simzer prepare a plate for one of the diners at King's Kitchen. Shirley Frank helps to clean up the dishes at King's Kitchen. R: She has been volunteering for 8 years.

# KING'S KITCHEN

## Appetite for Fellowship

By Joan Rupert-Barkley

Excellent food, good company and friendly atmosphere are just some of the ingredients you will find in a King's Kitchen meal.

This weekly meal that was founded in February 2008 by Carol Casselman and Vicki Simzer prepares between 170 to 230 meals every Wednesday at South Grenville District High School's cafeteria in Prescott. It is open to anyone in the community. There are approximately 60 – 70 children who attend each meal.

"We really saw the need in the community. We thought our mission was to feed the hungry but it has really changed to a community meal, which includes feeding those in need and building friendships," commented Casselman.

There are no community dinners during the summer months or during school holidays.

There is a free will offering at the door for those diners who wish and are able to support. King's Kitchen depends on donations from sponsors who are businesses

in the area. Over the years, the town of Prescott has also been a strong supporter.

"We choose not to charge as we never want anyone to feel that they cannot attend because they cannot afford it," commented Casselman.

Preparation for these weekly meals begins a month in advance with the planning of the menu. According to Casselman, they try to serve nutritious full course meals such as mashed potatoes, veggies, spaghetti and salad. She was quick to add, there is always dessert. For special occasions, turkey or ham are usually served.

Volunteers play a major role in the preparation of this weekly meal. Casselman commented that it takes an average of 40 volunteers; six at the stoves, six doing dishes, as well as servers and cleanup staff. They are always looking for new volunteers to help out and it's a great place for students to get volunteer hours for their high school credits.

Casselman noted that the hospitality class at South Grenville District High School helps

with the preparation of the meal. Tasks such as peeling potatoes and cooking the meat would all be done before the school day finished. At that time, volunteers would arrive and finish preparing the meal. Roger March, Kevin Casselman and Andrew Wise are the three cooks for King's Kitchen. These men go to the school at 2:30 to make sure everything is ready for the 4:30 meal.

Funding is definitely a major concern to King's Kitchen these days, as the cost of food is so high. It takes approximately 60 to 70 lbs. of meat for one meal.

"When we started in 2008 we could do a meal for \$150.00, but we struggle now to do one for \$500.00," explained Casselman.

Plans are underway for their second music fundraiser and silent auction. This event will take place on April 22 at 7 p.m. at South Grenville District High School. There will be a variety of different musical talent. Tickets are \$10.00 per person and anyone who would like to donate an item for the silent auction can contact Sue Leizert at 613-925-0499. There will also be snacks and beverages for sale. **LH**

**EDITOR'S NOTE:** If you would like to donate time, food or money to this worthwhile charity, contact King's Kitchen at 613-340-3070 or kings.kitchen13@gmail.com or rkc9@yahoo.com.