Companions of the Order of Malta

Cooking Guidance and tips - Elderly

Frequently Asked Questions

What do we need? Please see the Spreadsheet that is attached to the mission

Our guests always love homemade cakes and food, so if you enjoy baking or cooking, we'd be delighted to share whatever you'd like to bring.

That said, there's absolutely no need to cook from scratch—ready-made food is just as welcome! The most important thing is simply that you come and enjoy the occasion with us.

We kindly ask that you avoid dishes containing nuts or very spicy ingredients.

How do I deliver? Please bring your dish to your lunch party. The team leader will be pleased to accept your donation.

If you cannot attend the lunch party and want to drop it off at a different time, please liaise with the team leader to ensure that a Companion volunteer is at the venue.

What do you need to remember? Although our team leaders are all food hygiene trained, you do not need any specific training to cook at home. If you are preparing meals, the four main things to remember for good hygiene are the 4Cs:

cleaning, cooking, chilling and avoiding cross-contamination.

- wash your hands regularly with soap and water
- always wash fresh fruit and vegetables before cooking or consumption
- keep raw and ready-to-eat foods separate
- do not use food past its use-by date
- always follow cooking instructions
- ensure that food preparation areas are suitably cleaned and sanitised after use, and wash any equipment you are using in hot soapy water
- keep food out of the fridge for the shortest time possible.

What do our guests like?

Cooking for the Lunch parties: there is a spreadsheet added to the mission with the food suggestions that we serve our elderly guests - having spoken with the Care Homes for advice. If you would like to do something different please contact the team leader. Thank you.

Do we reimburse expenses? Just upload your receipts onto Volunteero and we will reimburse your expenses. Please ask for assistance through the Volunteero chat, with your team leader, if you are unsure how to do this. Thank you very much for supporting the Companions