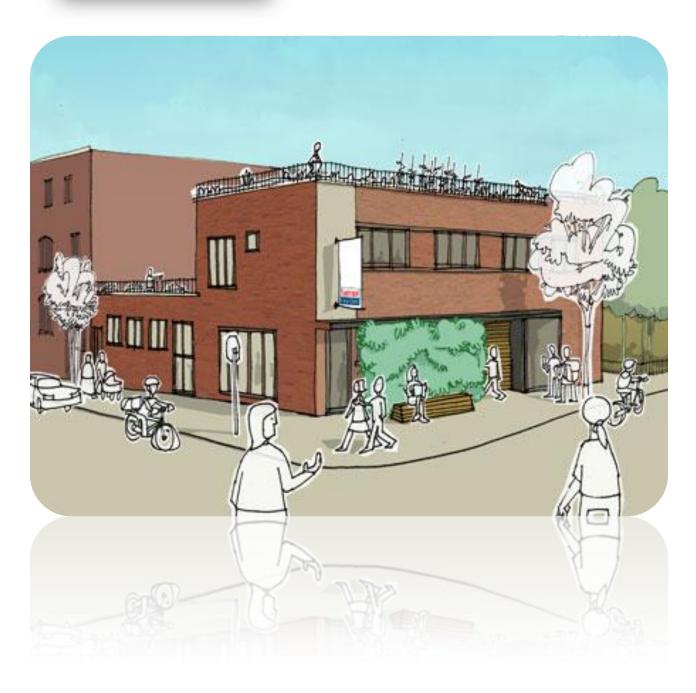


# CORPORATE TEAM BUILDING ACTIVITIES



tel: 514-284-9335

R# 140717414RR0001

### WHO WE ARE

Santropol Roulant is a volunteer driven, non-for profit organization based in Montreal. We have built a reputation throughout Canada as an essential service provider housing innovative perspectives on volunteer engagement, urban food systems and community care.

### WHAT WE DO

Five days a week, 52 weeks a year, volunteers prepare, pack and deliver, nutritious, delicious, home cooked meals to Montrealers living with a loss of autonomy. We deliver an average of 90 meals per day by foot, by bike and by car across eight sectors. On a yearly basis, volunteers contribute an incredible 19,800 hours and help prepare, pack and deliver over 20,000 meals.

### TEAM-BUILDING OPPORTUNITIES AT THE ROULANT



We offer unique opportunities for employees to come together and give back to the communities they live in. As a company your contribution to Santropol Roulant is also an investment in your employees, providing meaningful team-building experiences.



Our most popular and most rewarding group activity is delivering meals. The ideal group size is 6 people who will spend an afternoon out in the fresh air delivering warm meals door to door across different neighbourhoods around the Mont-Royal.

Smaller groups enjoy helping in the kitchen for meal preparation. Groups of 3 spend the morning cooking, chopping and baking from 9:30-12:30. Lead by our kitchen coordinator, no experience is necessary just a good team spirit.



Participating in our urban agriculture program is also a possibility. Between mid-may and early October, Santropol Roulant cultivates a rooftop garden at our headquarters on Roy street, as well as in our gardens on McGill University campus. Ask us about how you can get your hands dirty!

### Some companies who have participated in our team-building activities:













## REQUISITE FINANCIAL CONTRIBUTION

We require that companies couple their team-building experience with a minimum donation of \$200. At Santropol Roulant, a little bit of money can go a long way! For example, with a donation of \$200, the money you donate will cover the costs of the food your company will be delivering. A donation of \$500 would cover the costs of the food, meal containers, and all associated delivery expenses for one day. A donation of \$2,500 will cover all our meals-on-wheels costs for 1 week. A charitable tax receipt will be issued for your contribution.

### WHY PARTNER WITH SANTROPOL ROULANT

Santropol Roulant has grown from a small meals on wheels service to become the third largest meals on wheels in Quebec. We are a young and dynamic community organization with a well-established reputation not only in Montreal but also across Canada. We are leaders in the fields of community engagement, urban agriculture and community care.

### **Recognition and Exposure**

- We can document your corporate team-building experience, including a letter of recognition and photos to remember your experience and share it both internally and externally.
- Your company name will be featured in our annual report
- Your company name will be put on the Corporate Partners section of our website.

### CONTACT US

Become a corporate partner today! Together we can nourish the community and help break social isolation.

For more information about corporate team-building opportunities at the Roulant please don't hesitate to give Ben a call at **514-284-9335** or send him an email : **ben@santropolroulant.org** 

Please note that, in the event any participants need to cancel, we require at least 48 hours notice so that we can find replacement volunteers.

# WHAT A CORPORATE TEAM-BUILDING SHIFT LOOKS LIKE AT SANTROPOL ROULANT

(NB: the following are separate options, but it may be possible to combine them into a full day of activities)

# **OPTION 1:** KITCHEN SHIFT (MAX 3 PARTICIPANTS)

#### 9:30 am

- Arrive at Santropol Roulant (111 Roy Est)
- Get to know the kitchen team and begin meal preparation with other volunteers

### 12:30 pm

- Morning kitchen shift ends
- Go for lunch at one of the many restaurants in the vibrant plateau neighbourhood



# **OPTION 2:** MEAL DELIVERIES (MAX 6 PARTICIPANTS)

### 2:15 pm

- Arrive at Santropol Roulant (111 Roy Est)
- Meet the Volunteer Coordinator
- 15-20 min tour of our community space and learn about our activities

### 2:45 pm

- Group is split into teams of two for delivery routes
- Get to know your delivery route, ask questions and meet the other volunteers
- Teams load up backpacks with meals and take to the streets

### 5:30 pm (approximately)

- Return to Santropol Roulant
- Check in, report back on the success of the route
- Hang up a clean backpack and enjoy the evening!



Schedule and activities vary depending on the season. Ask us for more details!





Would you like to participate in a specialized cooking workshop or learn how to tune up your bike for your commute?

Give us a call and together we'll find the best way for you and your team to get involved at the Roulant!