



CORPORATE TEAM BUILDING ACTIVITIES



111 rue Roy Est
Montreal, QC

www.santropolroulant.org
ben@santropolroulant.org

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!

OPTION 3: URBAN GARDENING

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!**

111 rue Roy Est
Montreal, QC

www.santropolroulant.org
ben@santropolroulant.org

tel : 514-284-9335
R# 140717414RR0001