

# Welcome to Meal Support

Meal support sessions happen on a drop-in basis, with two "lunch" times, and two "dinner" times available as listed below. You can attend as many meal support times as make sense for your schedule.

Daily support:

- 10 a.m. PST / 11 a.m. MST / 12 p.m. CST / 1 p.m. EST
- 12 p.m. PST / 1 p.m. MST / 2 p.m. CST / 3 p.m. EST
- 4 p.m. PST / 5 p.m. MST / 6 p.m. CST / 7 p.m. EST\*
- 6 p.m. PST / 7 p.m. MST / 8 p.m. CST / 9 p.m. EST\*

Every meal session happens using the zoom link below. To join, please click on the link at your chosen session time.

[Join Zoom Here](#)

At each meal support session, expect to briefly check in and evaluate hunger/fullness cues, and then the duration of the session will be spent eating together. Please come prepared with food that you intend to eat, but no other preparation is necessary on your part.

\*no Saturday Dinner until July 8th, 2023  
*Holiday Schedule on next page*



# Holiday Schedule: No Meal Support



## January

-New Year's Day: January 1st

2024: 1/1/24  
2025: 1/1/25  
2026: 1/1/26

-Martin Luther King Jr Day (Monday)

2024: 1/15/24  
2025: 1/20/25  
2026: 1/19/26

## February

-Presidents Day Weekend (Sat-Monday)

2024: 2/17-2/19/24  
2025: 2/15-2/17/25  
2026: 2/14-2/16/26

## May

-Mother's Day (Sunday)

2024: 5/12/24  
2025: 5/11/25  
2026: 5/10/26

-Memorial Day Weekend (Sat-Monday)

2023: 5/27-5/29/23  
2024: 5/25-5/27/24  
2025: 5/24-5/26/25  
2026: 5/23-5/25/26

## June

-Father's Day (Sunday)

2023: 6/18/23  
2024: 6/16/24  
2025: 6/15/25  
2026: 6/21/26

-Juneteenth

2023: 6/19/23  
2024: 6/19/24  
2025: 6/16/25  
2026: 6/19/26

## July

-July 4th Holiday + Weekend if applicable

2023: Monday 7/3/23-Tuesday 7/4/23  
2024: Thursday 7/4/24-Sunday 7/7/24  
2025: Friday 7/4/25 - Sunday 7/6/25  
2026: Friday 7/3/26-Sunday 7/5/26

## September

-Labor Day Weekend (Friday-Monday)

2023: 9/1-9/4/23  
2024: 8/30-9/2/24  
2025: 8/29-9/1/25  
2026: 9/4-9/7/26

## October

-Indigenous Peoples' Day + Weekend (Saturday-Monday)

2023: 10/7-10/9/23  
2024: 10/12-10/14/24  
2025: 10/11-10/13/25  
2026: 10/10-10/12/26

## November

-Veteran's Day (11/11)

2023: 11/11/23  
2024: 11/11/24  
2025: 11/11/25  
2026: 11/11/26

-Thanksgiving Day - (Thursday)

2023: 11/23/23  
2024: 11/28/24  
2025: 11/27/25  
2026: 11/26/26

## December

-Christmas Eve through New Years Day- no meal support this week

2023: 12/24-1/1  
2024: 12/24-1/1  
2025: 12/24-1/1  
2026: 12/24-1/1