



MEAL GUIDELINES

Thank you for your interest in preparing a meal for a family welcoming a foster child! Providing families with a home cooked meal, allows foster parents to focus on welcoming the child into their home without the stress of needing to prepare a meal. We often hear that this small effort is such a blessing to our families!

When preparing a meal, we ask that you follow our meal preparation guidelines, found below. The guidelines are very specific so that we can best serve families affected by allergies and dietary needs. We also ask that you schedule your meal donations in advance. Scheduling is important due to our limited freezer space. If our freezer is full, we will schedule a date in the near future for you to prepare and deliver your meals. **Please schedule your meal donation by emailing alyssa.blitch@closetofhopesc.com**

Meals should be prepared to be packaged in the freezer in a disposable bakeware dish, sealed in plastic wrap, then covered with aluminum foil, to guard against freezer burn. Please label the dish(es) with the ingredients (this helps with food sensitivities/restrictions), heating/baking instructions, and the date the preparations took place on an index card. Then, place the index card into a ziplock baggie and tape it to the top of the dish.

MEAL SUGGESTIONS:

1. Baked Ziti with or without meat
2. Lasagna with or without meat
3. Chili with rice
4. Macaroni and cheese
5. Soups (Hearty Vegetable, Chicken Soup, Minestrone)
6. French Toast Casserole
7. Chicken Enchiladas
8. Chicken & Dumplings or Chicken Pot Pie
9. Shepherd's Pie
10. Meatballs with side of pasta

If you cannot make a meal but would like to provide a meal, we will gladly accept any delivery restaurant gift cards. We DO NOT accept any food other than the home cooked meals, fresh/frozen dinner breads, and desserts that can be frozen.

**If you have any questions regarding the meals,
please feel free to email alyssa.blitch@closetofhopesc.com**