



Freezer Meals

Keeping ready-to-share meals available for our neighbors.

THE DIFFERENCE YOU MAKE

Freezer meals provide practical care for people in our congregation and wider community. Anyone may pick up a meal from the church freezer during office hours.

Choose the option that fits you: coordinate the ministry for one or two months each year or prepare meals as a freezer meal team member.

RESPONSIBILITIES

- **Coordinator:** Contact team members, check freezer inventory and supplies, and confirm meals are labeled correctly.
- **Freezer Meal Team Member:** Prepare meals at home as able and occasionally help deliver meals when freezer inventory needs to be rotated.

TYPICAL SCHEDULE

- Coordinator:** One or two months each year
- Team Member:** As needed, based on the size of the team

TRAINING

No Experience Needed

Sara provides coordinators with a checklist and team members with optional meal ideas and recipes. Label meals with the contents, preparation date, and reheating instructions; add allergen information when helpful. Church containers are available, or volunteers may use their own.

WHAT SERVING LOOKS LIKE

- ✓ Helping keep the freezer stocked
- ✓ Preparing food for others
- ✓ Responding when meals are needed

READY TO GET STARTED?

Questions or ready to serve? Contact:

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