

## Providing Meals

Coordinating and providing meals for a couple, individual or family during a time of transition or hardship is a beautiful way to demonstrate the gospel through tangible gifts.

In order to make meal provision sustainable, we have adopted the following guidelines:

1. As a rule, the church is committed to providing 5 meals per family.
2. Meal requests will NOT be included in church wide emails.
3. For someone involved in Community Group, we ask that the group do their best to supply these 5 meals.
4. If someone is a regular attender or a partner, but **not** part of a community group, Claudine will engage the Meal Team. These volunteers will provide 5 meals.

### How To for Community Group Leaders:

Using a free service like [MealTrain.com](https://MealTrain.com) is a great way to stay organized and lift the burden of reminders and communication from the point person.

Be sure to ask:

1. Does anyone in your family have food allergies or aversions?
2. What is your preferred drop off time?
3. Are you open to visitors?
4. When would you like meals to start? End? And at what frequency (weekly, every other day, etc.)?

### **Guidelines:**

- **Choose simple meals that travel and reheat well** (casseroles, soups, pasta, stews, etc.).
- **Use disposable containers or thrifted dishes** that do not need to be returned.
- **Label the meal clearly** with the dish name, key ingredients, and reheating instructions.
- **Provide a complete but simple meal** when possible (main dish + side, salad, or bread).
- **Be mindful of dietary restrictions or allergies.**
- **Bring meals that refrigerate or freeze easily** so the family can use them when needed.
- **Plan for a brief drop-off** to respect the family's time and space.
- **Optional but helpful:** include disposable plates, napkins, or utensils.