



Nourishing Body & Soul Meals Ministry

Food is about more than simply nourishing the body. A home-cooked meal can be a means of entering in and celebrating a milestone event, or it can extend comfort and grace to a family who's struggling or hurting. As the body of

Christ, we have the glad opportunity to selflessly love, give, and serve!

What is the Meals Ministry? The Meals Ministry serves families or individuals within our church family by providing ready-to-eat meals. Designed to help lighten their daily burden, this ministry is carried out by a host of volunteers within the Evangelical Free Church who serve one another through the ministry of food.

Who is eligible for meals? Any family or individual experiencing one of the following events: birth of a child, emergencies, hospitalizations, serious injuries, or long-term care.

How does the Meals Ministry find out about people who need help? Please don't assume the Meals Ministry is aware of a family with needs. It is always a good idea to contact the church office at 452-6520 or email Nikki MacDonald at nikki.m@e-free-family.com. We encourage individuals to contact the ministry regarding their own family when a need arises.

How long will a family receive meals? The typical delivery schedule lasts from one to two weeks, on an every-other-day basis. However, the length of time may vary depending upon individual circumstances.

What if a family has dietary needs or unique requirements? The Meals Ministry is designed to meet the needs of individual families. Before the meals are scheduled and delivered, recipients will be given the opportunity to provide a list of allergies as well as dislikes. Family size, delivery times, and locations are also taken into account.

How often will I serve? It is entirely up to you. As a need arises, the Meals Ministry coordinator will contact volunteers with information regarding a family in need. If you are able to deliver a meal during the specific period of time, simply respond to the request. If you cannot accommodate the request, it is not necessary to respond.

Do I have to make homemade meals? Not necessarily. There may be times when you may not be able to provide a homemade meal due to your own personal circumstances. Please don't let that keep you from joining the Meals Ministry. Homemade, store-bought, or freezer meals are all valid options! Depending upon the situation, you may even want to consider a gift card to a local grocer or restaurant.

Are there any meal tips or ideas? Here are a few suggestions that can both help you and the recipient enjoy the experience:

- Use disposable containers whenever possible.
- Contact the recipient, preferably the day before, to discuss the drop-off time.
- Deliver freezer meals when it is impossible or impractical to deliver hot meals.
- Include a note with a description of the meal and reheating instructions, if needed.
- Consider bringing along muffins for the next morning's breakfast---or even an additional meal for them to throw in the freezer to enjoy at a later date. There is room for creativity!
- Keep your visit brief.
- Pray for the family before and after the drop-off.

How do I provide meals? Sign-up for the Meals Ministry by contacting Nikki at nikki.m@e-free-family.com (or fill out the form below). We communicate through the www.takethemameal.com website. You will be emailed a link to the family sign-up each time there is the need for a meal. *****Even if you've been on a prior list and have participated in providing meals before, we ask that ALL those interested in preparing meals contact Nikki or fill out the form. This will help us greatly in building our base.**

-----Meals Ministry-----

Name _____

Email _____

Phone # _____ 4-2014