

# BRINGING FOOD TO FAMILIES EXPERIENCING CHANGE

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Sometimes one of the best ways we can love on our friends and family is by bringing them food. Whether they are experiencing illness or loss, welcoming a new baby to the family or are dealing with a crisis, offering food is one of the best ways to care for someone.

**We asked our community for their favorite meals to receive in a time of need. This printout has a summary of helpful tips and recipes.**

**Any food you offer is appreciated. Below are some tips that make your gift as helpful as possible to someone experiencing significant life change, illness or loss.**

- Use containers they will not need to return.
- Make sure to include sides, condiments or accompaniments for a meal (e.g. a salad to go with a lasagna or toppings to go on chili).
- If making a meal seems overwhelming, bring them food from a restaurant or grocery store. Food delivery and grocery gift cards are always appreciated.
- Oftentimes when bad things happen, people are inundated with food that they can't eat right away. If that's the case, a Meal Train is great because it spreads out how often food is brought to them. You can also bring food that is easily freezable, like cooked soup in freezer-safe bags that can lay flat.
- When possible, bring extra freezer bags, foil, plastic wrap, etc for storing meals and leftovers.
- Don't forget breakfast! Most people bring dinner items. Breakfast casseroles, pastries, baked oatmeal, bagels etc. are oftentimes very appreciated.
- Heavy comfort foods are also very popular. However, many people don't prefer to eat them for every meal and might not have space to store them. They might not even have the capacity to heat them up. Consider bringing simple foods like:
  - o Green salad
  - o Fresh fruit
  - o Sliced vegetables and hummus or another dip
  - o Energy bars
  - o Trail mix
  - o Peanut butter jelly sandwiches
  - o Other premade sandwiches, wraps, burritos or pitas
  - o Snack foods
  - o Veggie tray
  - o Chicken, egg, tuna or bean salad
  - o Pasta or grain salad
- If they have kids, consider bringing kid snacks or favorite kid foods. Sometimes simple things like prepared mac and cheese served with sliced strawberries can mean the world to parents with toddlers.
- If providing food for just one or two people and preparing a larger meal, try packaging it up in several smaller containers instead of one large one for ease of storage and access to a quick meal.
- Drinks are always appreciated!
  - o Coffee – bags of ground beans or fresh coffee from their favorite shop. Don't forget half and half or other mix-ins!
  - o Tea
  - o Sparkling water
  - o Milk/milk alternatives
  - o Wine, beer etc.

## **BREAKFAST**

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Frozen Breakfast Burritos  
Egg frittatas  
Quiches  
Breakfast Casserole  
Bakery tray from local bakery  
Banana bread  
Muffins  
Bagels & cream cheese  
Coffee

## **LUNCH/DINNER**

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Cheese board  
Charcuterie box  
Fresh salad with a protein  
Ham and cheese pinwheels  
Pulled pork sandwiches  
Chicken chili  
Lemon Chicken Orzo Soup  
Tortellini soup  
Lentil soup  
Lentil salad  
Pasta salad  
Jambalaya  
Bruschetta chicken + pasta side  
Spaghetti casserole

Sun dried tomato pasta  
Mac & cheese  
Homemade hamburger helper  
Baked Ziti  
Lasagna  
Mexican Lasagna  
Enchiladas  
Burrito bowls  
One pan Mexican quinoa  
Chicken pot pie  
Fruit salad  
Sushi from a restaurant

\*Don't forget sides and condiments

## DESSERT

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Oatmeal cookies  
Chocolate chip cookies  
Brownies  
Chocolate cake  
Ice cream/ice cream bars  
Cookie dough they can bake

## SNACKS

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Energy balls  
Granola bars  
Lactation cookies  
Protein bites  
Kid favorites

## OTHER WAYS TO HELP

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Watching their kids  
Running errands  
Walking their dog  
Doing their laundry  
Yard maintenance  
Sending a house cleaner  
Dropping off activities for kids  
Dropping off gift basket  
Giving multiple choice options  
Checking in with no need to respond