

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

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

LUNCH/DINNER

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

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

SNACKS

Energy balls
Granola bars
Lactation cookies
Protein bites
Kid favorites

OTHER WAYS TO HELP

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