



Freezer Meals for Foster Families

It is a stressful time for everyone when a child comes into foster care, regardless of their age. Foster families are helping children process the trauma they have gone through, working in doctor appointments, introducing new routines and getting to know one another. Kids are overwhelmed with all the changes that are suddenly part of their new home. A meal during the first week is a great blessing to families as they walk these first few days together.

Tips for Great Freezer Meals:

- Use disposable aluminum baking pans or freezer bags in it is a crock pot meal. This removed the task of washing dishes.
- Write what the meal is, the date it was made, and baking instructions on the outside of the container. We encourage you to sign your name or the name of your organization and a short word of encouragement.
- Think double batches. Many foster families are large families.



Connecting your Meal to a Family:

- If you know a foster family personally, we encourage you to contact them directly to provide a meal.
- Hope's Closet is happy to store your meal and deliver it to a families who just welcomed a new child to their home.
- When your meal is ready, please email Sara Gabbard at sarag@hopesclosetohio.org to set up a time for pick up or delivery of your meal to Hope's Closet.

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