



## Meal Donation Guidelines & Information

Meals should be prepared in a COMMERCIAL GRADE KITCHEN or Purchased

What is the purpose of prepared meals?

- It takes time and money to go out to eat; having meals available at Brigid's Path is less expensive and is a convenient way to eat while spending more time with babies
- Healthy prepared meals provide more nutrients than fast food
- Shows love and care to the people spending their time at Brigid's Path

Who eats these meals?

- Caregivers

What should I make or purchase?

- Healthy / nutritious single-serve meals
- Popular / well liked meals (ex: chicken rather than sauerkraut)
- Meals that freeze well
- Easy to reheat in a microwave
- Not spicy
- Brigid's Path is open 24 hours a day, therefore, all meals are welcome (breakfast, lunch, and dinner)
- Nothing may be past the expiration date

- ❖ Individual packaged snacks like peanut butter crackers, trail mix, granola bars (ex: Luna Bars, Larabars), applesauce, etc. are also helpful to donate to Brigid's Path
- ❖ We have a Keurig coffee machine for family use, k-cups and supplies are much needed
- ❖ Prepackaged Frozen Meals (TV Dinners) are also welcome
- ❖ Beverages such as bottled water and fruit juices

Can I bring sweets and desserts?

- While many people enjoy sweet foods, Brigid's Path has a greater need for nutritious, filling meals rather than cookies or brownies

How do I package my meals?

- Single-servings
- Reusable plastic containers with lids are fine - must be microwave-safe
- Make sure to fill out a meal tag and securely tape it to the lid of each meal

I'm in, so what do I do next?

- Please email Terri Stucky at [terri.stucky@bridgidspath.org](mailto:terri.stucky@bridgidspath.org) and schedule. We need to manage the intake of the food due to space issues so please email Terri BEFORE preparing meals.

How do I get my meals to Brigid's Path?

- Freeze meals before bringing to Brigid's Path
  - Opening and closing freezers can quickly lower the inside temperature - meals that are already frozen help keep Brigid's Path's freezer cold as well as the food inside.
  - Frozen meals are also easier to transport, have a lower risk of spoilage, and freezing helps to keep meals fresher

If you would like to schedule when to donate a meal or have any questions, please contact Jane Snyder at [jane@bridgidspath.org](mailto:jane@bridgidspath.org)