

FREQUENTLY ASKED QUESTIONS

Do I need to prepare one of the example recipes in this booklet? No, you may use a recipe of your own. We ask that you do share the recipe with us.

How do I package the meals? You can use a gallon size or larger ziplock freezer bag. We ask you double bag each meal. Please write the recipe name and date on the bag. You may include one other food item on the side. This may be noodles, rice, tortilla wraps, frozen veggies, etc that is added at the end of the meal or served on the side.

How many meals should I make? Our recipe examples are for 10 meals total. You may double or triple this if you would like.

How many servings should be in one bag? An estimated 6-8 servings per bag is preferred. We provide some of our larger families with two freezer meal bags. You do not need to accommodate for this.

After I make meals, where do I take them? You can arrange a time to drop them off at our office 1298 7th Ave by calling 319-377-5344 or email rachael@marioncares.org.

How do I get the gift card to help pay for the groceries? You can fill out a request form. The link for this form is found on our sign up link.

Are there any dietary guidelines I should follow? No. We share the recipe with our families so they are aware of the ingredients. You can do this on the Meal Report link we will email to you after you sign up.

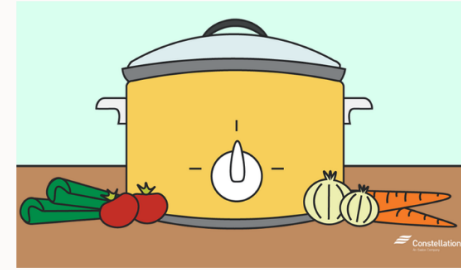
Are there any hygiene guidelines I should follow? Yes. Please review the following FDA guidelines and freezer meal tips from Mayo Clinic.

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

<https://newsnetwork.mayoclinic.org/discussion/freezer-cooking-is-convenient-but-make-sure-its-safe-too/>

Updated 01/06/2023

CROCKPOT FREEZER MEALS



As part of our weekly outreach kid's programming, we are providing freezer meals to help address hunger and promote the formational habit of eating a family meal. Each family who is enrolled in the program is provided with a free crockpot. We deliver frozen meals in Ziplock bags for families to dump into their crockpots each week.

HERE'S HOW YOU CAN HELP!

We need **two types of volunteers** - food preparers and meal deliverers.

The **food preparers** purchase ingredients and prep the meals in freezer ziplock bags. We have funding available for our volunteers in the form of gift cards to purchase groceries and supplies up to \$250 for every 10 freezer meals.

The **meal deliverers** pick up the freezer meals from our office and deliver to the families.

To get signed up to volunteer or for more information call us at 319-377-5344, email rachael@marioncares.org, or scan this QR Code



SCAN ME

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Our Children. Our Families. Our Community.

Beef Stew

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In a large bowl, mix the broth, tomato paste, sugar, seasoning, and salt at room temp
10 packs of 2 lbs stew meat	
20 packs of 16 oz frozen stew vegetables (any combination of veggies)	In 10 ziplock bags, dump 2 lbs of stew meat in each
15 cups of beef broth	Add 2 of the 16 oz vegetable packs in each bag
1.25 cups tomato paste	Pour 1.5 cups of the broth mixture in each bag
1/2 cup sugar	
1/2 cup herb and garlic seasoning	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
1.75 Tbsp salt	

Asian Meatballs

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In a large bowl, mix the hoisin, sauce, soy sauce, honey, rice vinegar, garlic powder, and brown sugar at room temp
10 bags of 20oz precooked frozen meatballs	
6 cups hoisin sauce	In 10 ziplock bags, dump 20 oz of frozen meatballs in each
2 cups of soy sauce	Pour 3/4 to 1 C of the sauce mixture in each bag
1.25 cups of honey	
1/3 cup rice vinegar	Sprinkle 1-2 tbsp of sesame seeds in bag
1/4 cup garlic powder	
1/2 cup brown sugar	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
1 cup sesame seeds	
Optional side may include instant rice, frozen broccoli, etc.	

Creamy Italian Chicken

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 3 chicken breasts
30 chicken breasts	
10 packs cream cheese (8 oz block)	In each bag, add 1 block of cream cheese, 1 can of cream of chicken soup, 1 packet of salad dressing mix, 2 cloves of minced garlic, and 1 bag of frozen green beans
10 can cream of chicken soup	
10 packet zesty Italian salad dressing mix	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
20 cloves garlic, minced	
10 bags of 12-16 oz frozen green beans	
10 boxes of bowtie pasta (16 oz)	

Chicken Taco Soup

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 3 chicken breasts
30 chicken breasts	
10 cups mild salsa	In each bag, add 1 cup salsa, 1 can drained/rinsed black beans, 1 can drained/rinsed pinto beans, 1 can drained/rinsed corn, and 1 can tomatoes
10 cans black beans (15 oz)	
10 cans pinto beans (15 oz)	In each bag, add 3 Tbsp taco seasoning and 2 cups chicken broth
10 cans corn (15 oz)	
10 cans petite diced tomatoes (15 oz)	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
8 packs of taco seasoning (1 oz packet)	
20 cups of chicken broth*	

*Chicken bouillon maybe be used in place
of chicken broth, just add water amount to
the instructions.

Kielbasa and Potatoes

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 32 oz frozen potatoes and 24 oz cut kielbasa
10 bags of 32 oz frozen diced potatoes/hashbrowns	In each bag, add 1 cup of cheddar cheese and 1 cup of Monterey Jack cheese
10 packages of 24 oz kielbasa (sliced then halved)	In a large bowl, mix the canned soup, milk, and spices at room temp
10 cups shredded cheddar cheese	Pour 2.25 cups of the soup mixture in each bag
10 cups shredded Monterey Jack cheese	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 cans cream of chicken (10.5 oz)	Frozen vegetables to be packed separately
10 cups of milk	
10 Tbsp dried chives	
10 tsp salt	
5 tsp pepper	
1.25 tsp cayenne pepper	
10 packs of frozen vegetables	

Swedish Meatballs

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 32 oz frozen meatballs
10 bags of 32 oz frozen Italian style or homestyle meatballs	In each bag, add 1 can of beef broth, 1 can of cream soup, 1 packet gravy mix, 2 tsp garlic powder
10 cans of beef broth (14.75 oz)	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 cans of cream of mushroom(10.5 oz)	Meatballs will be served on noodles or potatoes
10 packets of brown gravy mix (0.87 oz)	Frozen vegetables to be packed separately
20 tsp garlic powder	
10 cans of evaporated milk (5 oz)	
10 packs of frozen vegetables	
10 packages of egg noodles or instant potatoes	

Chicken and Rice

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 3 chicken breasts
30 chicken breasts	
17 cups of long grain white rice	In each bag, add 1.75 cups dry rice, 2½ cups chicken broth,
25 cups chicken broth	1 can of cream soup, 2 cloves garlic, 2 Tbsp Worcestershire sauce, 1 tsp black pepper,
10 cans of cream of mushroom (10 oz)	1 tsp Italian seasoning, 1/2 tsp salt
20 cloves minced garlic	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
20 Tbsp Worcestershire sauce	
10 tsp black pepper	Frozen vegetables and cheese to be packed separately
10 tsp Italian seasoning	
5 tsp salt	
10 bags of frozen vegetables	
20 cups cheddar cheese (shredded)	

Meatball Subs

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	In 10 ziplock bags, dump 26 oz frozen meatballs and 24 oz marinara sauce
10 bags of 26 oz frozen meatballs	
10 jars of 24 oz marinara sauce	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
20 - 8 packs of hoagie rolls or buns (16 total)	Frozen vegetables and buns to be packed separately
20 packs of sliced provolone or mozzarella cheese	
10 bags of frozen vegetables	