

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.

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/>

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

MARION
Cares

Our Children. Our Families. Our Community.

BEEF STEW

10 freezer meals

ASIAN MEATBALLS

10 freezer meals

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags

10 packs of 2 lbs stew meat

20 packs of 12oz
frozen stew vegetables
(any combination of veggies)

60 bouillon cubes or 10 oz of
bouillon powder

20 bay leaves

4 oz or ½ cup of herb and garlic
seasoning

5 tsp salt

2.5 tsp black pepper

3 1/3 cups pearled barley

Label and date 10 Ziplock bags

Add to each bag:
2 lbs of stew meat,
2 tbsp or 6 cubes of beef bouillon,
1 bay leaf
2 teaspoons herb and garlic
seasoning
1/2 teaspoon salt
1/4 tsp black pepper
1/3 cup pearled barley
Add 2 of the 12 oz (3
cups) vegetable packs
in each bag

Once each bag is sealed, put each
bag inside another ziplock bag to
prevent leakage

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags

10 bags of 20oz precooked frozen
meatballs

6 cups hoisin sauce

2 cups of soy sauce

1.25 cups of honey

1/3 cup rice vinegar

1/4 cup garlic powder

1/2 cup brown sugar

1 cup sesame seeds

Optional side may include instant rice,
frozen broccoli, etc.

Label and date 10 Ziplock bags

In a large bowl, mix the hoisin,
sauce, soy sauce, honey, rice
vinegar, garlic powder, and brown
sugar at room temp

In 10 Ziplock bags, dump 20 oz of
frozen meatballs in each

Pour 3/4 to 1 C of the sauce mixture
in each bag

Sprinkle 1-2 tbsp of sesame seeds
in bag

Once each bag is sealed, put each
bag inside another ziplock bag to
prevent leakage

Rice and vegetable are served on
the side separately

KIELBASA AND POTATOES

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 bags of 32 oz frozen diced potatoes/hashbrowns	In 10 ziplock bags, dump 32 oz frozen potatoes and 24 oz cut kielbasa
10 packages of 24 oz kielbasa (sliced then halved)	In each bag, add 1 cup of cheddar cheese and 1 cup of Monterey Jack cheese
10 cups shredded cheddar cheese	In a large bowl, mix the canned soup, milk, and spices at room temp
10 cups shredded Monterey Jack cheese	Pour 2.25 cups of the soup mixture in each bag
10 cans cream of chicken (10.5 oz)	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 cups of milk	Frozen vegetables to be packed separately
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	Label and date 10 Ziplock bags
10 bags of 32 oz frozen Italian style or homestyle meatballs	In 10 Ziplock bags, dump 32 oz frozen meatballs
30 bouillon cubes or equitant bouillon granules (30 tsp)	In each bag, add 3 cubes of beef bouillon, 1 can of cream soup, 1 packet gravy mix, 2 tsp garlic powder, 1 can of evaporated milk
10 cans of cream of mushroom(10.5 oz)	Once each bag is sealed, put each bag inside another Ziplock bag to prevent leakage
10 packets of brown gravy mix (0.87 oz)	Meatballs will be served on noodles or potatoes
20 tsp garlic powder	Frozen vegetables to be packed separately
10 cans of evaporated milk (5 oz)	
10 packs of frozen vegetables	
10 packages of egg noodles or instant potatoes	

CREAMY ITALIAN CHICKEN

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	
30 chicken breasts	Label and date 10 Ziplock bags
10 packs cream cheese (8 oz block)	In 10 Ziplock bags, dump 3 chicken breasts
10 can cream of chicken soup	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 packet zesty Italian salad dressing mix	
20 cloves garlic, minced	
10 bags of 12-16 oz frozen green beans or peas	Once each bag is sealed, put each bag inside another Ziplock bag to prevent leakage
10 boxes of bowtie pasta (16 oz)	Pasta is on the side to be cooked separately.

THAI PEANUT CHICKEN

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 (14 oz) cans of full-fat coconut milk	In 10 ziplock bags, combine 1 can coconut milk, ¼ cup peanut butter, 2 tbsp curry paste, 3 tbsp soy sauce, 3 tbsp lime juice, 2 tbsp honey, 4 minced garlic cloves, ½ tbsp grated ginger, ½ tsp pepper flakes
2 ½ cups natural peanut butter	
20 tablespoons red curry paste	Dice chicken in 1-inch sized cubes and put 2 pounds per bag
30 tablespoons soy sauce	
30 tablespoons lime juice	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
20 tablespoons honey	
40 garlic cloves, minced	
5 tsp grated ginger	
5 tsp red pepper flakes	Frozen vegetables and noodles to be packed separately
20 pounds boneless chicken breasts, diced in 1-inch cubes	
10 packages of noodles	
10 packages of frozen vegetables	

TORTELLINI SOUP

10 FREEZER MEALS

CHEESE SPAGHETTI

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 pounds sausage	brown sausage, onion, tomatoes, garlic and spinach on a pan
20 cups onion	
10 cans of tomatoes	in 10 ziplock bags, add 1lb sausage, 2 cups onion, 1 can tomatoes, 2 cups spinach, 1 tbsp garlic, and 1.5 quart chicken stock
20 cups fresh spinach	(this will be cooked for 4-6 hours)
10 Tbsps garlic	
15 quart chicken stock	
5 bags frozen cheese tortellini	separate cream cheese and tortellini
10, 8 oz cream cheese	(this will be cooked for the last hour)
	once each bag is sealed, put each bag inside another to prevent leakage.

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
10 pounds ground beef	In 10 Ziplock bags, put 1 pound of browned meet with ¼ cup chopped onion
2 ½ cup chopped onion	
20 jars spaghetti sauce	Add 2 jars sauce, 4 tbsp butter, ½ tsp salt, 8 tbsp flour, 1 can evaporated milk, 2 cups shredded cheese, and ⅓ cup water to each ziplock hag .
120 oz spaghetti	
40 tbsp butter	Noodle are on the side to be served separately.
5 tsp salt	Cook on low for 4-6 hours.
80 tbsp flour	Add cooked noodles to mixture.
10 cans evaporated milk	
6 ⅓ cup water	
20 cups shredded velveeta cheese	Frozen vegetables to be packed separately

WHITECHICKEN CHILLI

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
20 pounds boneless chicken breast or thighs	In 10 ziplock bags, combine 2 pounds chicken, 3 cans of beans, 1 jar salsa, 1 cup frozen corn, 2 tsp or cubes of bullion
30 cans great northern beans rinsed, drained (15.5 oz) can sub for 30 cups cooked beans	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage
10 jars salsa verde (Herdez 16 oz)	
20 tsp cumin (3 oz)	
30 cubes bullion or 5 oz bullion granules or paste	
10 cups of frozen corn	

CHICKEN WILD RICE SOUP

10 FREEZER MEALS

SHOPPING LIST & PREP INSTRUCTIONS

20 ziplock freezer bags	Label and date 10 Ziplock bags
20 pounds boneless chicken breast	In 10 ziplock bags, combine 2 pounds chicken, ¼ cup diced onion
7.5 cups diced onion	1 ½ cups chopped carrots (larger dice)
15 cups of chopped carrots (larger dice)	1 ½ cups chopped celery (larger dice)
15 cups of chopped celery (larger dice)	1 ½ tbsp minced garlic
15 tsp minced garlic (2.5 oz)	1 ½ tsp salt
15 tsp salt (2.5 oz)	¾ tsp pepper
7.5 tsp pepper (1.25oz)	¾ tsp dried thyme
7.5 tsp dried thyme (1.25oz)	¾ tsp ground sage
2.5 tsp dried rosemary	Pinch of dried rosemary
90 cubes bouillon or 15 oz bullion granules or paste	3 tbsp butter
12.5 cups wild rice (Lundberg Farms Wild Blend) 5- 16oz bags	9 bouillon cubes
	1 ¼ cups wild rice (Lundberg Farms Wild Blend)
	Once each bag is sealed, put each bag inside another ziplock bag to prevent leakage