

# Meal Ideas and Guidelines for LifeWay Church COVID-19 Food Response

When purchasing items to donate to LifeWay's response, please buy all the items needed for a complete meal for 4-6 people.

- ❖ All items must be non-perishable or freezer-safe.

## Some meal ideas:

Orange Chicken and Broccoli –

- 2 bags of frozen Foster Farms or other brand Orange Chicken
- One bag of frozen broccoli
- One package of instant rice

Hearty Soup –

- One package of Bear Creek or other brand soup mix (Cheddar Broccoli, Minestrone, Chili, or Chicken Noodle)
- One package of appropriate meat for the type of soup (can of chicken, 1 pound of ground beef frozen, etc)
- One package of frozen garlic bread or rolls
- One package of frozen vegetables, canned fruit/veggies, or applesauce

Chili Dogs –

- One package of hot dogs
- One large or 2 small cans of chili
- One package of hot dog buns
- One package of frozen vegetables, canned fruit/veggies, or applesauce

Pasta –

- One package of pasta (any shape)
- One jar of spaghetti sauce
- One pound of ground beef frozen
- One bag of frozen vegetables, canned fruit/veggies, or applesauce
- One package of frozen garlic bread or rolls

Chicken Sandwiches or Hamburgers –

- One package of hamburger buns
- One package of frozen hamburger or chicken patties
- One bottle of barbeque sauce
- One package of frozen tater tots or French fries
- One package of frozen vegetables, canned fruit/veggies, or applesauce

Chicken and Rice

- One bag of frozen chicken breasts, cutlets, or nuggets
- One package of instant rice (any flavor)
- One bottle of marinade
- One package of frozen vegetables, canned fruit/veggies, or applesauce

Salsa Soup –

- One bottle of salsa (24oz)
- One can each of chicken broth, black beans, corn, and chicken

- One bag tortilla chips

Pre-Made Lasagna or other dinners –

- One family-sized frozen lasagna, pasta bake, or pizza
- One package of frozen vegetables, canned fruit/veggies, or applesauce

Other meals are welcome, as long as they are made of non-perishable or freezer-safe ingredients!

Other helpful items to donate:

- Loaf of bread
- Jar of peanut butter or jelly
- Oatmeal (cylinder or packets)
- Jar of applesauce
- Macaroni and Cheese Cups or easy pasta kits
- Canned soups, pastas, or chili
- Packaged cookies, crackers, or snacks