

Ways to Support the Adopt a Meal Program

Food is symbolic of LOVE when words are inadequate. Alan D. Wolfelt

Adopt a Meal Helpers

- **MONETARY DONATIONS**
Mary's Pantry is essentially the "grocery store" for all the food functions that feed the families residing at RMHC.
You can donate here! <https://secure.ggiv.com/for/rmhcgoc>
Choose Mary's Pantry Food Program on the drop down menu so the donation is designated to the appropriate fund.
- **PROVIDE A MEAL**
Supply ingredients
Prepare the meal
50-60 people for Dinner
30-35 people for Breakfast/Lunch
Recipes available
\$100-\$200
- **PREPARE A MEAL**
Use available House ingredients
Cook the food in the House Great Kitchen
50-60 people for Dinner
30-35 people for Breakfast/Lunch
Recipe provided
- **SPONSOR A MEAL**
50-60 people
\$500-\$900 (\$12-\$15 per person)
House Manager orders meal
- **CATER A MEAL**
Purchase a meal from area restaurants
50-60 people
Deliver/drop off at RMHC
- **GROCERY MEAL DONATION**
Purchase ingredients for a meal
\$100-\$250 estimate
Shopping list provided
Deliver to RMHC

- **FREEZER FAMILY ENTREES**

Stouffer's
Marie Callendar's
Banquet

- **GIFT CARDS**

Walmart
Food City
Publix

- **PICK UP PURCHASED MEALS**

Pick up pre-paid catered meals
4:45pm on evenings needed
Deliver to RMHC

- **FILL MARY'S PANTRY**

Canned

- vegetables (beans, corn, peas, carrots, potatoes)
- fruits (peaches, pineapple, pears)
- cream soups (chicken, mushroom, potato, cheese, celery)
- broths/stock (chicken, beef, vegetable)
- tomatoes (diced, sauce, paste)
- chicken

Boxed

- meals (hamburger/chicken helper)
- taco dinners
- pasta
- mashed potatoes
- macaroni and cheese
- desserts (cake, cookies, brownie, pu

Jars

- sauce (spaghetti, Alfredo, marinara)
- gravy
- salsa

Bottles

- dressings
- condiments
- syrup

Staples

- seasonings
- oil
- flour
- baking soda
- baking powder