



hearttoheart caring ministry



Who are meals provided for?

Families or single adults within our church body...

- ♥ who are unable to prepare healthy meals because of serious illness, injury, surgery, hospitalization, or death in the family.
- ♥ who just had a baby.
- ♥ who are not receiving sufficient help from their home team, family, or friends.

How long are meals provided?

- ♥ For 1-3 weeks, every other day, depending on need. Meals can be extended for special circumstances.

How can I request meals?

- ♥ Contact the church office at 312-2131 or janet@fcsouthwest.com
- ♥ Please don't hesitate to contact us if you need assistance!

What's involved in volunteering?

- ♥ Volunteers will be contacted via email with meal requests.
- ♥ Sign up for meal requests at your convenience; it is not necessary to volunteer each time.
- ♥ Honor dietary restrictions, if any, and provide enough food for the family size.
- ♥ Follow basic food safety guidelines: frequent hand-washing, clean surfaces, cutting boards, etc.
- ♥ Call the recipient before delivering the meal.
- ♥ Meals are flexible; you can bring a hot ready-to-eat meal at dinner time, you can bring a meal in the afternoon that's easy to heat, or you can arrange to deliver a frozen meal that the recipient can heat up at a later time.

I can do that!

How do I volunteer?

Contact the heart-to-heart coordinator, Christie Whittington, at christie@whitting.org or contact the church office at 312-2131 or janet@fcsouthwest.com

Provide your name, email address, and phone number.

Check your email for needs, and sign up to bring a meal as you are able.



hearttoheart

Coordinator: Christie Whittington
christie@whitting.org

Church office: Janet Felder
janet@fcsouthwest.com

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. Galatians 6:10