

Meal Giving Checklist

From your kitchen to their heart - here's how.

Planning & Preparation

- ☐ **Ask about favorite foods and any dietary needs**
- ☐ **Chat about the kind of meal they'd enjoy.**
- ☐ **Coordinate drop-off time**
- ☐ **Gather all your ingredients**
- ☐ **Double-check for allergies**

A little planning makes meal giving even more meaningful. Check in about any food preferences or special diets so your meal is a treat they can truly enjoy. Pick a drop-off time that works for them, and you'll show you care about their day as much as the food you're bringing. And always double-check for allergies. Keeping them safe is one of the kindest gifts you can give.

Cooking & Packaging

- ☐ **Cook your meal with love**
— the most important ingredient
- ☐ **Pack in disposable containers**
- ☐ **Label with the dish name & date**
- ☐ **Add clear heating instructions**
- ☐ **Include a cute tag meal label**

When I cook a meal, I think about the person who will receive it — sending them good thoughts, healing energy, and a few heartfelt prayers. Every stir, chop, and sprinkle becomes a little blessing just for them. Let the food cool just enough before packaging to keep containers from getting soggy. Use disposable containers so there's nothing for them to return. Add a simple label with the dish name, date, and heating instructions — it makes enjoying your meal as easy and comforting as can be. A cute tag or a meal label from caringcasseroles.com can make it even more special and show you went the extra mile — and the best part is, both are free to download and print.

Delivery & Follow-Up

- ☐ **Send a quick "on my way" text**
- ☐ **Arrive close to the planned delivery time**
- ☐ **Check in later with a kind text**
- ☐ **Surprise them with another meal or small treat when you can**

Send a quick text to let them know you're on your way, and try to arrive close to the time you planned. Be understanding if they'd rather not visit — a doorstep drop-off can be just as thoughtful. Remember, they may be going through a season that lasts weeks or even months, so checking in later with a kind text can mean a lot. You might even surprise them with another meal or a small treat to brighten their day.

Reminder, don't overthink it. Showing up with a thoughtful meal is more than food; it's a gentle reminder they're loved, cared for, and not alone.