

Frozen Meal Prep Volunteer Activity

Thank you for your interest in providing frozen meals for youth and young families at The Link! In this packet you will find all of the resources you need to prepare healthy and delicious meals for young people experiencing poverty, homelessness, or food insecurity.

Instructions


1. Please select a nutritious meal that does not include pork or pork products.
2. We recommend preparing meals with at least 10 servings. Each serving should be individually packaged.
3. If you are able, please add a label/sticker with name of the meal and cooking instructions so that the youth are able to re-heat on their own. Sample labels attached.
4. Please complete and turn in the In-Kind form attached at the end of the packet. Include cost of supplies and volunteer hours utilized in completing the meal prep.



Thank you for sharing your time and talent to make sure young people have easy meals to enjoy while they focus on pursuing their goals for the future!

Contact volunteer@thelinkmn.org for additional information and recipe ideas or to coordinate meal delivery.

The Link Freezer Meal Labels



Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____




Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____




Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____




Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____




Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____



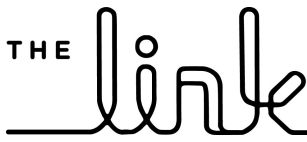
Meal: _____

Ingredients: _____

Cooking Instructions:

Date prepared: _____

Please create your own labels with Meal Name, Ingredients and Cooking Instructions, or print and tape these to your packages. Thank you!



IN-KIND DONATION FORM

This form is to be filled out by the person donating items (non cash) and returned to the Development Department. Donors do not receive a copy of this form; a thank you letter, which can be used for tax purposes, will be emailed by Development.

PLEASE PRINT

Name/Company or Group: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone: _____

Email Address: _____

*In an effort to conserve on paper and postage, thank you letters will be emailed unless you request otherwise.
Please check here if you would like to receive your thank you letter by mail.*

Donated Item Description:

Please describe the item(s) donated. Include a copy of receipt for donated item(s) or a list of items and their estimated value:

Value of donated item(s): _____

Hours used to complete project: _____ # of People Involved: _____

Please fax, mail or scan this document to the Development Department.

email: donate@thelinkmn.org fax: 612-871-0755

The Link
1210 Glenwood Avenue, Minneapolis, MN 55405

Date Received: _____ By Staff: _____