

# Meals

Meals are appreciated in the following circumstances:

1. New baby:
  - Routine birth – 5 meals
  - C-section – 10 meals
  - Twins – 15 meals
  - Birth with complications – as needed
  - Still birth – at least 5 meals.....more if needed
  - Miscarriage – at your discretion
  - Adoption – 5 meals (treated as a routine delivery) or whatever seems appropriate given the unfolding of their particular situation
  
2. Death in immediate family:
  - Death of parent or sibling – 3 meals (at your discretion)
  - Death of a child or spouse – at least 5 meals....more if needed.
  
3. Extended illness or hospitalization – every situation will be different. Feel free to contact your Sphere Pastor's wife to get counsel and help outside your caregroup as needed.
  
4. Moving Day
  - A meal for *the family that is moving* the day of the move – usually the evening meal

Please feel free to talk with your Sphere Pastor's wife whenever there are questions in your mind or you anticipate needing help from outside your care group. We want to balance the need that we see around us with the capacity of the women we are calling upon to help us serve the need.

## Meal Serving Details

Information needed from the family being served:

1. What serving schedule would serve the family the best? (example: 5 days in a row, every other day, week days only, etc.)
2. Are there dietary needs? Would you like desserts or not? Etc. We want to serve people in this regard *within reason*.
3. How many people should the meal serve?
4. Talk about the delivery time-table. Many of our women can not bring a meal at 5:30pm....as they are serving their own family then. Work out a time for delivery that suits the situation of the woman AND the women who are serving.

Information to give to the woman preparing the meal:

1. Encourage disposable dishes if possible. If not, please label all items. Or transfer items to their dishes when you drop off the meal.
2. Other meals being served in order to avoid duplicate meals. (3 days of lasagna....) If you are using a website for sign up, this is a mute point.
3. Talk about the time-frame for delivery.
4. Any special dietary needs or requests (like no desserts, etc.)