Tips for Success
for hosting a Freezer Meal Workshop (take and bake) event:

My FCCLA students hosted six of these workshops last school year, on Saturday afternoons, and four this year so far. Students planned and organized a cookbook with ten freezer meal recipes and advertised the workshop to community members. Adults would pre-register ($100) and show up with a cooler and work to prepare the freezer meals. At the end of the three-hour event, adults left with one of each recipe for their family!

- Collaborate with local grocery stores, and your school foodservice department to find bargains and discounts on your bulk supplies!
- Organize your grocery supply list in order of the store, to make shopping more efficient!
- Have a plan in place for recycling cans, plastic, and glass during your event!
- Depending on the recipes selected for your event, do as much pre-cooking as possible (brown/cook all of the meat before hand).
- Organize a process for labeling, sorting, and storing the meals until the workshop is over. We used foil pans covered with aluminum foil with individual labels. Students assisted in forming an assembly line to package the meals once the adults had completed them, and transferred them to the freezers until the class was over and it was time to sort them out into the attendees' coolers.
- Each adult participant left with ten dishes, complete with a cookbook that included nutrition facts and baking instructions and a master shopping list in case they desired to make the same set of freezer meals again on their own.
- Send out an evaluation to participants after the class is complete to gain suggestions for improving your event.

National & Local Partners:
**Tips for Success**
for hosting a Monthly Meal Program:

*This year, my FCCLA students are offering a once-a-month meal (serves 4-6 people) that community members can purchase for $15 to take home for their families.*

- Collaborate with local grocery stores, and your school foodservice department to find bargains and discounts on your bulk supplies!
- Organize your grocery supply list in order of the store, to make shopping more efficient!
- Set an ordering deadline to simplify the process – our deadline for each month’s meal is the 1st of the month.
- Schedule “pick up dates” for community members to pick up their meals at your facility.
- Ask a local donor/sponsor to supply insulated shopping bags so that families can transport the food home safely, whether it's a cold or hot dish!
- Each meal is accompanied with the recipe and nutrition facts label.
- We use Google Forms to make this process easier (the sign up is on a Google Form, we use Google Calendar reminders about the pick-up date, and send the recipe sheet through Google Docs as well).
- Send out an evaluation link to ask the participants if they enjoyed the meal and how the ordering/pick up process could be improved.