**First Universalist Singer’s Care and Connection Team**

**How to Deliver Caring Meals to People in Need**

**(Excerpts from *the Denver Post*, November 3, 2010)**

**Care from others contributes to recovery.**

**People who are ill do not have the energy to cook.**

**A culinary team leader helps the recipient set and adjust boundaries.**

**Team leader roles:**

**Serves as the liaison with the recipient (one contact person only).**

**Does not impose his or her own ideas about what is best for the person.**

**Coordinates services to meet that person’s specific needs (i.e. diet requirements, schedule etc.).**

**Caregiver Tips:**

**Create a culinary team captain.**

**Divide the food into containers.**

**Be attentive to timing.**

**Drop off food – don’t visit.**

**Learn about food allergies, items that the person can’t eat. (Note: Misty and Deb are resources.)**

**Comfort foods (i.e. chicken noodle soup, meat loaf, mashed potatoes) are great.**

**Diversify – don’t just provide dinner items – and keep it varied (not just casseroles).**

**Try alternatives to plastic containers, or use the kind that can be thrown away.**

**Think about what freezes well.**

**Tailor food to recipient’s needs/no lecturing.**

**Consider gift certificates to local restaurants.**

**Those who can’t cook can provide other types of help (i.e. driving, packaging, organizing, shopping, running errands).**