



*Moms*

How about we bring you dinner?  
Let our community help you  
welcome your new little one by  
bringing you a meal or two!

*Chefs*

Bring a meal—home cooked,  
ordered in, or via gift card—when it  
works with your schedule. Sign up  
to be on our distribution list to be  
notified when little bundles of joy  
are set to arrive.

## CHEF SIGN UP

By completing this form, your name and email will be added to a list of volunteer chefs who will be contacted each time a family requesting meals has been identified. From there, you can sign up to bring meals as your time and budget allow.

NAME: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

Okay to text this number? Y N

PHONE NUMBER: \_\_\_\_\_

I AM AN ENROLLED MEMBER OF:  
OLIH ST. LUKE'S

PRAYER REQUESTS: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Submit this form by photographing it and email it to  
[mealsformomsankeny@gmail.com](mailto:mealsformomsankeny@gmail.com)

Please email [mealsformomsankeny@gmail.com](mailto:mealsformomsankeny@gmail.com) with any questions or concerns.  
Check on back for more information about this program.



## What is Meals for Moms?

**Purpose:** to aid moms (& families) as they add another life to their families.

### How it works:

- Moms identify themselves to Meals for Moms leaders who will then set up a “Take Them a Meal” schedule for the family.
  - Moms can identify dietary restrictions and food preferences
  - Moms can also identify days of the week they would prefer to receive their meals
  - If moms prefer volunteers not to come to their home, they can identify a place where they would like to meet meal volunteers
- Chefs are notified via email that a new meal train has been established.
  - Chefs then sign up to bring a meal on a date that works with their schedules
  - Moms don't need to be a volunteer to receive meals, however it is highly encouraged
  - The goal: 10 meals per family over whatever period of time the mom identifies she'd like the meals



### Who qualifies:

- Any registered member of St. Luke's or OLIH who has given birth to or adopted a child within the past 3 months

### Why:

- Adding a new soul to your family is difficult, no matter if it is your first or tenth time. Not having to worry about how to feed yourself or your family eases a lot of stress and allows a mom to focus on the new life.
- Ankeny is a community with lots of new families—both new to having children and new to the area. *Meals for Moms* supports building a Christian, Catholic community which supports acting as Jesus to one another.

### Consistency with Catholic Teaching

- Corporal works of mercy: feeding the hungry, visiting the sick
- Supports a culture of life

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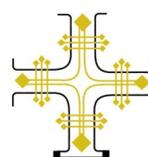
## JOIN OUR FACEBOOK GROUP

[www.facebook.com/groups/mealsformomsankeny/](http://www.facebook.com/groups/mealsformomsankeny/)

To connect with other Chefs and learn about the families welcoming new little ones.

Questions? Email [mealsformomsankeny@gmail.com](mailto:mealsformomsankeny@gmail.com)

To sign up as a chef online: [https://docs.google.com/forms/d/e/1FAIpQLSd\\_XG4zVM05gTBx\\_QKRfNX9Sx5EY0NefEWLwqBd1s06qVUoVg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd_XG4zVM05gTBx_QKRfNX9Sx5EY0NefEWLwqBd1s06qVUoVg/viewform)



OUR LADY'S  
IMMACULATE HEART  
CATHOLIC CHURCH



ST. LUKE  
THE EVANGELIST  
CATHOLIC CHURCH