



“Looking for a surefire way to become a more virtuous eater? All you have to do is start eating more regularly in your home with friends and family...

Through it all, at the family dinner table we learn to put people ahead of food. It can become, essentially, a school for charity, helping us to grow in understanding and love over a really good meal.”

- Emily Simpson Chapman

Food is an integral part of our daily lives, some of us take it for granted, others don't have enough. Some eat too much and others eat too little. Could our relationship with food be reflective of our faith?

Join the discussion online at *The Catholic Table* blog on our website (OLIH.org > Learn & Grow > Adult Faith) or on our Facebook page (Our Lady's Immaculate Heart).

The blog will post every Monday and Thursday thru February 16.



Our Lady's Immaculate Heart
510 East First Street
Ankeny, IA 50021
www.olih.org



SIMPLE FIX MEALS*

**January 18 or
February 1**

HyVee South
2510 SW State Street
6:00-7:30 PM

***Simple Fix** is a **meal** preparation class where groups gather at Hy-Vee to prepare a variety of delicious **meals** to eat at home later.

WHAT'S ON THE MENU?



How it Works

Simple Fix shops for all the groceries, provides the space, bowls and utensils AND does the clean-up (Wow!).

Each member prepares a meal for each group member. At the end of the night, each group member grabs one meal from all other members and takes home 9 meals ready to cook.

You put the **recipes** together in freezer bags (4-5 servings) and take them home with cooking instructions so you can eat them at your convenience.

The TOTAL grocery bill is divided by the number of members in the group. Rather than buying each and every ingredient for your recipes, you're going to share them with your group members, costing you a fraction of the price. (**\$14.50** per meal; total **\$138.33**, tax included)

MAKE. TAKE. ENJOY.

Entrees on Jan 18

- *Creamy Chicken + Stuffing Casserole*
- *Broiled Parmesan Tilapia*
- *Boneless Pork Loin Roast with Herbed Pepper Rub*
- *Hearty Beef Stew*
- *Skillet Lasagna*
- *Black Bean Soup*
- *Spicy Slow-Cooker Cashew Chicken*
- *Sticky Roast Chicken*
- *Mexican Chicken Soup*

Entrees on Feb 1

- *Crock Pot Italian Beef*
- *Mojo Chicken*
- *Herb Crusted Turkey Tenderloin*
- *Mexican Beef + Corn Casserole*
- *Crockpot Chicken Tortilla Soup*
- *Chicken Cacciatore*
- *Irish Leek Soup*
- *Apricot-Glazed Pork Roast*
- *Easy Pasta Bake*



Meals made affordable. Time made for family.

Go to www.olih.org/church-events/ to sign up. Group is limited to 18 people. Come by yourself, with a friend or as a couple.

You will pay at HyVee's Customer Service prior to class.

Don't forget a laundry basket, tote or cooler to take home your meals.