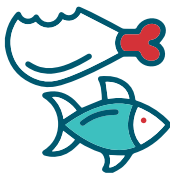


Meal-Making Tips

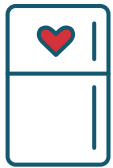
We often get asked about best practices when cooking meals for Caring for Friends client friends. Here are some tips to keep in mind the next time you're preparing a meal:



- **Pick up materials**—Trays and lids are available at our warehouse and select locations in the area*



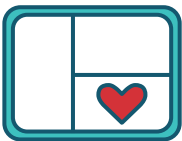
- **Include protein**—Protein is an important part of a healthy meal. The main section of the tray should contain at least 4 ounces of protein



- **Be mindful of size**—When preparing a meal with beef, try to use thin, lean cuts of beef. Thick-sliced beef tends to be tough and difficult for some client friends to chew. Beef cubes or stir-fry beef, which can be cut in strips and pan fried quickly, are usually better



- **Use gravy**—In frozen meals, gravy, or even butter, are great additions. Gravy and sauces help preserve the meal and protect it from freezer burn. The meals you make could be kept frozen for a few months



- **Add sides**—Don't forget about the side sections of the tray. A vegetable and a starch should each be ¼ cup servings so the tray will be filled close to the top



- **Freeze and drop-off meals**—Freezers are located at our warehouse and select locations in the area*

***Call us for trays, freezer locations, or with questions at 215-464-2224
www.caringforfriends.org**

Thank You!

