

YOU ARE INVITED
TO JOIN IN A



.....Freezer Cooking **Group Swap!**.....

What is it? We will choose a menu from oncemonthmeals.com. Each family will prepare the meal(s) assigned in bulk. Then we will meet to swap our recipes, resulting in a freezer full of convenient meals to get you to the table quickly.

When? We will swap monthly on...

Where? We will meet to swap at...

If marked, please provide dates/times and places that are convenient for you:

If you are interested, please answer the questions below for planning purposes and return to me,

..... by

Contact me with questions at

.....Freezer Cooking **Survey**.....

1. What does your calendar and budget look like?

- How many meals a week do you dine out?
- (restaurants, fast food, eating with family/friends/church, etc.)
- How many meals a week do you plan to eat leftovers?
- How much do you typically spend per week on groceries?
- Anything else I need to know about schedule or budget?
-
-

2. How many meals would you like to be able to pull from the freezer each week? (Circle your choice)

- Breakfast 1 2 3
- Lunch 1 2 3
- Dinner 1 2 3 4

3. How many hours are you willing and able to devote to the swap? (includes grocery shopping, prep, & cooking)

- 12 – 18 hours per month
- 3 – 6 hours per month

Other notes about how much time you have:
.....
.....

4. What kinds of food does your family enjoy?

Select the choices that define a healthy meal for your family

- homemade using conventional ingredients
- whole and unprocessed foods
- vegetarian
- gluten free or grain free
- dairy free
- low calorie, low fat

Does your family have any food allergies, sensitivities, or foods you absolutely dislike?

.....
.....

5. How many servings of each meal will you need?

- 2
- 4
- 6

.....Other (an even number)