



# Meals-On-Wheels

Meal Delivery To The Sommer House After Baby Boy #3 Arrives

## {HERE IS HOW IT WORKS}

Pick a day, any day, to sign up on the calendar provided to bring the Sommer family a meal. Be it breakfast, lunch or dinner, anything will be greatly appreciated by all FOUR members of the family. If you already know what you think you might make, write it down as well.

## {LET'S GET TIPSY}

- Think about something the entire family might enjoy
  - Call ahead to make sure it is a good time
- Check to see if Cole & Eric might want your kids as playmates for a bit while you are dropping off your meal. If not, don't take it personally.
- Deliver dishes in disposable containers or something you don't care about getting back from the sleep-deprived mother-of-three
- Consider making a double batch of something so Julie can toss the second one in the freezer and tell Dave to pull it out for a meal at a later date
- Include preparation instructions if required. Be clear: Julie doesn't like to cook!
  - Don't forget the extras like drinks, condiments, desert, beer & rum.

## {YOU'RE THE BESTEST}

We know our minimalist friend doesn't need (or want) anything but our love, friendship and support! What a great way to show her than to nourish her family with a wonderful meal!

**THANKS FOR SUPPORTING THE MARCH 2012  
Sommer Meals On Wheels Program**

*It is with loving intention of the bfm to email the delivery person prior to your meal delivery date as a reminder because I am that kind of person and I would want someone to remind me in so that you can remember to make sure you have all the ingredients in your house so the night before you can stay awake after a crazy day with the kids (or dogs), right after your husband nudges you for nookie, before you have time to shower or brush you teeth, shuffle to the kitchen where you lovingly whip up the most fabulous meal the Sommer family has ever had in their stomach. MMM K?*

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