



Meals for Moms

Helping new Moms one Meal at a Time!

Would you like to help a mother, who is recovering from childbirth? A nice dinner, that she doesn't have to cook, is a great way! **Meals for Moms** is a ministry of Holy Name of Mary, which takes a meal to a family, and welcomes our newest little members to our community!

There are at least three ways you can make this fit into your schedule:

- Make more that night and take it to them
- Make ahead and freeze
- Order out & take it over!

Whatever you choose, Mom will have the night off, and you will be working to build our HNM Family! We would like to provide enough meals for 2-weeks after childbirth. When a new baby arrives, you will be called and scheduled at a time which fits into your schedule! Any mother would agree that this ministry is a big help at a stressful time! Won't you consider joining us?

If you would like to sign up or have questions, please call or email Annette Flagg 586-4051. starr.flagg@verizon.net.

Meals for Moms mothers are Happy Mothers!

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