

Bishop's Storehouse Meal Plan Worksheet for a 2 week food order for pick up on Wednesdays

Circle One: **Week 1** or **Week 2**

Date: Number in household: Phone Number or Email: <i>This is only to receive confirmations and updates on your local food order pick up dates, times and location.</i>		Meals to Make	Food Items Needed		Meals to Make	Food Items Needed		Meals to Make	Food Items Needed	
	W e d n e s d a y	Breakfast			T h u r s d a y	Breakfast		F r i d a y	Breakfast	
		Lunch				Lunch			Lunch	
		Snack				Snack			Snack	
		Dinner				Dinner			Dinner	
S a t u r d a y	Breakfast			S u n d a y	Breakfast		A Self-Reliance Plan should be used whenever members need Church assistance. Members use this form on their own or with the assistance of a mentor after meeting with the Bishop. The form helps members assess their needs, income, and expenses; identify available resources; identify service they can give in return for assistance received; and develop their own plan for becoming more self-reliant. A food order may be filled out and received every 2 weeks and will go through an approval process. The order should accommodate the number living in the household for just two weeks at a time.			
	Lunch				Lunch					
	Snack				Snack					
	Dinner				Dinner					
M o n d a y	Breakfast			T u e s d a y	Breakfast		For best health and welfare, aim for balanced meals with lots of vegetables and fruits creating a colorful variety of plant-based foods and then adding modest amounts of meats and treats. Your local Bishop's Storhouse may make occasional, seasonal updates on available foods to order.			
	Lunch				Lunch					
	Snack				Snack					
	Dinner				Dinner					