



THE CHRISTIAN MAMA'S GUIDE TO CASSEROLING

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THERE ARE DAYS THAT I CAN HARDLY FIGURE OUT HOW TO MAKE DINNER FOR MY **OWN** FAMILY...SO WHEN THAT CARE CALENDAR COMES ALONG, I OFTEN FINDING MYSELF DISCREETLY HITTING "DELETE". BUT, IT'S SUCH A BLESSING TO GET A MEAL AS A NEW MOM, SO THAT'S WHY I'D LIKE TO ENCOURAGE YOU TO RALLY AROUND YOUR NEW MAMA SISTERS AND BECOME A **CASSEROLER**. HERE ARE MY BEST STAY-SANE TIPS ON HOW TO BLESS A NEW MAMA WITH FOOD—WITHOUT GOING INSANE DOING IT.

1. **Think Outside the Dinner Box:** Getting a hot, homemade dinner is great, but new mama cannot survive on dinner alone. Instead of bringing over a lasagna, think about bringing over a pot of soup at lunchtime (and sharing it with your new mama friend) or a breakfast egg bake for Saturday morning.
2. **Don't be Afraid to Buy It:** If you're feeling overwhelmed (after all, you're a mama, too!), there's no shame in picking up a take-n-bake pizza or a frozen lasagna to bring to your friend. Either way, you're blessing them with the gift of not having to cook (or do dishes!)
3. **Think Simple:** You do not have to go all-out and make a from-scratch chicken parmesan and a homemade chocolate cake to be a great casseroler. Make your famous kid-pleasing tuna noodle and throw in a batch of cookie dough and you'll bless the socks off of your new mama friend.
4. **Bring Extra:** The only thing better than not having to cook once is not having to cook TWICE. So bring over a double-batch of whatever you're making so your new mama friend has lots of leftovers.
5. **Have one or two go-to dishes:** Don't stress about what to make every time you see a friend has a baby. Choose one or two of your favorite dishes—ones that are sure to please even picky kids—and make them every time a friend has a baby. Before long, you'll be famous as the "girl who always brings that delish chicken cacciatore".

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