

# FamilyShare: Dinner's Done!

## Meal Planning & Prep

RSVP 423-622-4007

Or Registration

@lifelinefamilies.org

Or at [www.LifeLineFamilies.org](http://www.LifeLineFamilies.org)

***ALL MEALS WILL BE  
GLUTEN FREE!  
AND DAIRY FREE!\****

### *Meals You Will Make:*

- *Chicken Fajitas*
- *Chicken Teriyaki*
- *Pork Tenderloin w/  
Cherry Balsamic Sauce*
- *Chili/Taco Soup*
- *Shredded Chicken w/ Multi  
Options for Flavors*

**NOTE the location change  
this month!**



**Monday | October 27, 2014 | 6:30-8:30pm  
Stanley Heights Baptist Church Kitchen  
1512 McBrien Road, East Ridge, TN 37412**



### **LifeLine, Inc.**

Reaching Families of  
Those with Special Needs

#### **Support**

- Parent Mentor Programs
- Support Groups

#### **Education**

- Training for Parents, Professionals,  
Educators, & Churches

#### **Resources**

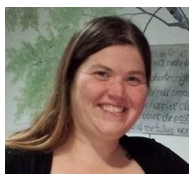
- Website, Listserv, Facebook,
- Resource Center

1400 McCallie Avenue  
Suite 112  
Chattanooga, TN 37404

Phone: 423-622-4007  
E-mail: [info@lifelinefamilies.org](mailto:info@lifelinefamilies.org)  
[www.LifeLineFamilies.org](http://www.LifeLineFamilies.org)  
LifeLine, Inc. on Facebook

Ever wondered how in the world to feed your family nutritious meals that don't take forever? Do you think planning or preparing ahead would help, but have no idea how or where to start? Join mom of five Kelly Reynolds as she talks about ways to shortcut your meal prep, saving time and money. Want to go home with Dinner Done!? Pay \$100 by October 18th and you'll also be able to join other moms in preparing and taking home 5 meals (that will feed at least 6 and sometimes more) ready to freeze or cook for your family! (That's 30 or more meals which means it costs less than \$3.35 per meal!) Kelly will even be bringing her own Pampered Chef products for you to use. Don't miss this opportunity to gather with other moms in the kitchen and prepare delicious and healthy meals for your family!\*\*

*(The \$100 fee covers all food, Pampered Chef Pantry Products, etc. that you will be using for the meals. Make checks payable to LifeLine, Inc. Funds must be paid by October 18th in order to participate.)*



Kelly Reynolds is a busy mom of 5 children under the age of 7, four of which have special needs. A former special education teacher, Kelly understands the life of busy working moms. She uses Pampered Chef products to help streamline her family's meal preparation.