

# WHO WE ARE



Are you feeling rushed and not finding enough time at home to cook? Meals by Nutrimos can provide a little relief while supporting others in need. Here's a quick summary of our program.

Meals by Nutrimos is a meal ministry that provides nutritious, delicious, sizeable freezer meals. Meals can be single serving or preordered for family sized. All proceeds from sold meals go towards community outreach with IowaWINS. In addition, Meals by Nutrimos contributes a 10% tithe to the ministries of the First Presbyterian Church of Mt. Pleasant.

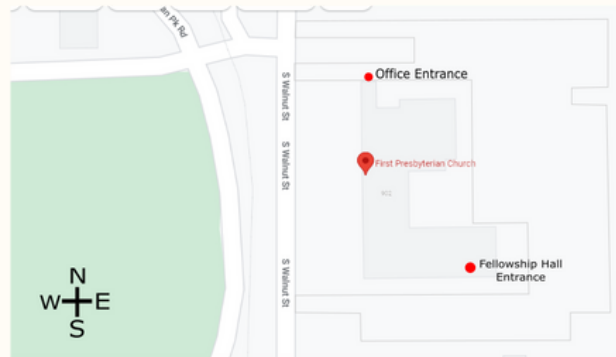
IowaWINS is a community commission of the First Presbyterian Church that was formed in the fall of 2015. It is open to everyone in the community. IowaWINS Mission is that our communities will be inclusive and hospitable, welcoming people from across the world who choose to live, work, study, and seek happiness here.

IowaWINS has worked to create projects and programs to help serve immigrant families and the community. This includes plots and seeds for the community garden, the immigrant youth leadership group, UNIFY, the IowaWINS Food Pantry, and Meals by Nutrimos.



(319) 986-5851

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Facebook

[@mealsbynutrimos](https://www.facebook.com/mealsbynutrimos)



Website



Facebook



# MEALS BY NUTRIMOS



# TO-GO FREEZER MEALS

A meal ministry of  
IowaWINS





## HOW IT WORKS

Meals by Nutrimos can be purchased through three methods: in-person, by phone, or online.

### At the First Presbyterian Church 902 S Walnut St, Mt. Pleasant, IA

- Monday - Friday 9:00 AM - 2 PM
- The first and third Sunday of the month at 10:45 - 11:15 AM in the Fellowship Hall (after service).
- Wednesdays from 3-6 PM in the Fellowship Hall.

### By Phone - (319) 986-5851

- Monday - Friday 9:00 AM - 2 PM
- All in-person orders must be paid with cash or check made out to **Nutrimos**

### Online

- Visit our website ([lowawins.net/meals-by-nutrimos](http://lowawins.net/meals-by-nutrimos))
- Scroll down to entrée items below and click on the shop button of desired entrees; add to cart
- When done, go to cart to check out - all online orders must be paid via credit card or PayPal
- Meals not currently in stock can be pre-ordered by filling out the preorder form

## OUR MENU

Meals by Nutrimos has a rotating monthly menu. Each month, the new menu is posted to our website and Facebook. Make sure you check out new specials as well as some of our favorites, as seen below!

### MEAL FAVORITES

#### BAKED OATMEAL \$5

Try out our vegetarian breakfast baked oatmeal packed full of apples, walnuts, and raisins. Serves 1.

#### CHICKPEA CURRY \$4

This hearty yet light vegan curry is perfect on top of rice. Serves 1.

#### SWISS CHICKEN \$5

Made with chicken breasts, Swiss cheese, and cream of mushroom soup, this casserole dish is sure to fill you up. Serves 1.

#### SWEDISH MEATBALLS \$7

Enjoy this classic comfort dish of Swedish meatballs and noodles. Comes with 1 serving of 4 meatballs.

#### DEEP DISH SPINACH PIZZA \$12

Nothing says classic pizza than this deep dish. Enjoy the Chicago-style pizza filled with cheese and spinach. Serves 2.

## WAYS TO GET INVOLVED

There are many ways you can support Meals by Nutrimos and its mission.

### Buy Meals

Meals by Nutrimos offers a variety of freezer meals to select from. There are breakfast and entree meals, and there are dietary options, too. By purchasing our meals, you are directly supporting IowaWINS and the immigrant community.

### Volunteer

Another way you can help and support Meals by Nutrimos is by volunteering. Whether it be assisting meal prep and clean-up, cooking delicious meals, or helping out at the selling tables, we're always looking for volunteering hands. Hours can be flexible, too, so if you are interested in volunteering, please contact us at [firstpresbymtp@gmail.com](mailto:firstpresbymtp@gmail.com).

### Spread the Word

Meals by Nutrimos is growing everyday, and that is thanks to the customers who continue to support us. You can help spread awareness of our program and what we do by liking our Facebook page, sharing our posts, and talking to your friends, neighbors, co-workers, and family about us. We want to serve the entire community, and that starts with you!