



Instructions

Pick a neighbor or someone with whom you have minimal contact prepare a meal, dessert, etc. Keep in mind the best method of delivery; hot for the daytime, cold for a later meal disposable serving dish Wrap it well (we don't want them to think you are poisoning them)



Feed Thy Neighbor

I don't know if you have heard about the Hope Epidemic yet, but I would like to share a little hope with you. The daily grind can be stressful and I wanted to lighten your load with a little something for your stomach.

No need to return the favor but if you would like to learn more about helping others, check out hopeepidemic.com