

What exactly is meal assembly?

Meal assembly is an exciting concept in home meal preparation that eliminates the need for menu planning, last minute grocery shopping, and all the tedious prep work that comes with cooking from scratch. We provide all of the prepared ingredients, along with simple step-by-step instructions, for you to package your meals as foolproof ready to cook kits.

What do I get when I purchase a meal package?

Every Foodies meal package consists of either 4, 8 or 12 main course items, each designed to feed six. You will go home with all of the ingredients and simple instructions required to prepare each item hot and fresh. You may have to add your own cooking oil or water for certain dishes, but everything else will always be included.

How much does it cost?

Meal assembly packages are priced at \$94.00 for 4 meals, \$172.00 for 8 meals, and \$239.00 for 12 meals. Add-on meals are priced from \$20.00 to \$23.50 each depending on how many you select.

What if my family can't eat 6 portions?

For smaller families we offer the option to split package your meals. You still go home with 6 portions of each item, but they're broken down into smaller half size packages. Not all menu items are suitable for split packing, and there is a small additional charge for this option.

What if I don't want to purchase 4, 8 or 12 meals?

You can add extra items to your order once you arrive for your session. For example, if there are 7 items on the menu that you want to buy, sign up for a 4 meal package, and then you can purchase 3 add-on items when you get here. If you only want 1 or 2 items, we have a selection of pre-assembled Grab & Go meals in our freezer that you can stop by and pick-up during normal business hours.

When is the meal assembly service available?

Meal assembly sessions are scheduled Tuesday through Saturday each week. Check the Schedule & Registration page on the website for exact times and dates.

Do I have to register in advance to attend?

To ensure that your desired menu choices are available, we strongly recommend that you do register in advance. You can register online or by phone, but the online system will not accept same day registrations. Same day registration is available by phone. Walk-ins are welcome without a reservation, but certain menu items may not be available.

How do I sign up for a session?

The registration process is simple. Go to the Schedule & Registration page on our website and select the session date and time you wish to attend. When you click the appropriate link on the schedule calendar, you will be taken to a registration page where you can make your menu selections and pay securely using any major credit card. If you prefer to register by phone, give us a call at 776-3693.

Can I alter the dishes to suit my tastes?

Yes. Since you are portioning out each of the ingredients that go into your dishes, you can alter the proportions within reason. Please keep in mind that our recipes are all very carefully designed and tested. If you deviate

too far from the assembly instructions, you may not end up with optimum results when you get the dishes home.

How long will it take to assemble my meals?

Depending on your menu choices, a 4 meal package can be assembled in as little as 15 minutes, while a 12 meal package will take a little over an hour.

What if I don't have time to come in and assemble the meals myself?

Our meal assembly service is designed as a time saving convenience for busy families. If you don't have time to come in and put your meals together, we also offer a daily pickup service. Just register for a pick-up time and we'll have it ready when you get here.

Do you offer delivery?

For an additional fee, we will deliver meal packages of 8 meals or more to locations within a 15 mile radius of Foodies. If you're not sure the distance to your location, just click on our [Map & Directions](#) link.

Can I arrange a private session just for my friends?

Yes. A meal assembly session at Foodies is a perfect way to spend time catching up with friends. All you need to do is organize a group of 10 to 16 people and contact us to arrange a date. Any of our regular session times can be reserved for private groups with sufficient advance notice.

How often does your menu change?

We know it's hard to find things your whole family can agree on, so we plan to keep our most popular items on the menu as long as folks keep coming back for more. Each month we will offer several new menu items along with our most popular items from the previous month.

What if I have dietary restrictions?

If you have any medical or religious dietary restrictions, we suggest that give us a call to discuss your menu selections before signing up for a session. Since many of our sauces and basic preparations are made in advance, it is not always possible to modify a dish to conform to your needs.

Can I bring a friend or a spouse to help?

As the old saying goes, too many cooks will spoil the broth. You are welcome to bring along 1 adult to help out, but due to space limitations and the general confusion created by large groups in the kitchen, we prefer that you plan to assemble your meals yourself. We believe you will find that the process is quick and simple enough that no help is necessary.

Can I bring my children?

In order to comply with health department regulations and to maintain proper food safety standards, we cannot permit children under the age of 12 to participate in meal assembly sessions.

Do I need to bring anything when I attend a session?

We provide all of the ingredients and packaging, along with aprons that you can use while you assemble your meals. The only thing you need to bring is a large cooler to transport your meals home at a safe temperature. If

you don't have far to drive, a laundry basket or a large cardboard box works well in a pinch. Even if you live just around the corner, you will still need something to carry your meals home.

I'm still not sure I understand how it works. Can I come in and see for myself?

Yes. If you have any questions at all about how the meal assembly process works, please feel free to stop by during normal business hours and see for yourself. We'll be happy to explain everything and show you the entire process.

Can I order a meal package as a gift?

Yes. We think a meal package makes a great gift for families with a new baby and families with a member who is ill. Just find out if the family has any meal preferences and give us a call or log on to order the package. We will put it together and have your gift ready for you when you arrive!

Can I take a meal package on vacation?

We think that is a great idea! Simply pack your meals in a cooler to take along to the beach or to the lake. You'll avoid all of the grocery rush when you arrive as well as the added expense and aggravation that comes with meal planning on vacation. After all, vacations are supposed to be relaxing, right?

Is Foodies a franchise?

No! Foodies is a locally owned independent business. The company started in 2004 offering recreational cooking classes, and we expanded into the meal assembly business in 2007.