

Erin's Table

Home of the freezer meal program for the Oregon Cancer Foundation and your neighborhood community kitchen.



Erin Cunningham found inspiration for her passion project business while talking with Amy Johnston and Katie Burke from the Oregon Cancer Foundation at a community event. Johnson is Executive Director and Burke is Resource Coordinator of the Foundation. The Foundation is based in Eugene and serves Lane County residents and individuals receiving cancer-related services in Lane County. All of their funds stay local which allows them to live by their slogan, "Neighbors Helping Neighbors." The discussion was in regard to healthy meals, their importance to patients in the midst of fighting cancer.

Erin pitched an idea to the two staff members. What if we could offer volunteer cooked, health, delicious foods to cancer patients delivered to their

homes? Meals prepped and packaged with cooking instructions for them to freeze and cook when they are ready.

Shortly thereafter Erin's Table was born. It's been full steam ahead since that first discussion. With many ideas and an organic evolution making Erin's Table now an important part of services offered by the Foundation. The partnership of Erin's table and the Foundation is unique to the community and successful because of Erin and dedicated volunteers who want to be part of something truly special.

When you become a sponsor of the freezer meal program, you are helping to finance the meals that are delivered to cancer patients that are too tired or weak to make meals for themselves. Your contribution covers the cost of

the organic produce, canned goods, spices and meat that goes into the 100 meals that are prepared for these families.

Also as a sponsor, your company has the opportunity to come and prep the meals for these needy families. This is an excellent team-building opportunity that only requires a couple hours of your time. It is a lot of fun and helps to build camaraderie. Dinner is provided!

This past year volunteers made 12,000 meals that have fed over 120 families! Sponsorship is simple. With a \$2,000 donation, you can create goodwill for your company and the community. You receive *Your logo on meal delivery bags. Your logo on Thank You cards delivered to each family. Priority scheduling for monthly meal-prep volunteer opportunity. Incredible team-building experience for your employees!*

To sign up, visit <https://www.erins-table.com/sponsorship>.



If you love to cook freezer meals for your family, Erin's Table has a fantastic program you can participate in to meal prep and "Fill your Freezer." Sign up to spend one afternoon in Erin's commercial kitchen. She will have your proteins cut, packaged and ready to go, courtesy of Long's Meat Market. Your veggies and canned foods will also be ready for you to cut and dump into your bags. All of your seasonings and spices will be there, along with your freezer bag labels and recipes. You just need to show up and be ready to prep! (Just bring your favorite knife!) Cost is \$225 for 10 meals that feed a family of four to six. To sign up, check the calendar at <https://www.erins-table.com/freezerprep>.

Schedule hectic? Too busy to commit to a specific class time? No problem. Erin's Table also offers meal kits you can purchase and assemble at home. Instructions will walk you through 10 Make-Ahead Meals you can freeze, thaw, and cook whenever you'd like! Simply choose from the selection of themed menus, shop for fresh produce and proteins at your local store or farmers market and prepare 10 freezer-ready meals. 100+ recipes to choose such as *Wholly Delicious (Whole30) Turkey Sausage & Vegetable Hash, Slow Cookin' (Crock-Pot Meals) Mojo Chicken Fajita, Clean Keto Adobo Steak Tip with Roasted Veggies, Veggie Lovers Mushroom Bolognese.*

At the time of our interview, Erin was following Governor Brown's executive stay-at-home order. We are a month into COVID-19 issues. In an effort to stay connected to the volunteers she partners with from the Oregon Cancer Foundation and her clients who purchase Fill Your Freezer classes and meal kits, Erin has started a Monday night on-line InstaPot class. It's been wildly successful. Folks are raving about it and Erin says with a laugh "They do love it. BUT I'm just doing it for my own sanity."

Much like her idea to help cancer patients with freezer meal delivery. Erin is doing it for the joy it gives her. The reward of knowing she is connecting with others. It fuels her.

If you'd like to connect with Erin, you can reach her by email at erin@erins-table.com or phone 541-914-7611.



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