

# WALK IN FUNDRAISER!



*Family Meals Made Easy*

Prep Freeze Cook is a meal prep service, focused on bringing back family dinnertime and allowing you and your family time to spend together, minus the hassle of preparing dinner. All meals are prepared locally at one of their locations in Central IL, using fresh ingredients - NO preservatives! No grocery shopping, prep work or clean up! It's so easy, especially on those busy nights!

For more information about Prep Freeze Cook, please visit their website:  
[www.prepfreezecoek.com](http://www.prepfreezecoek.com)

**DATE:** Thursday, June 6, 2019

**WHERE:** Prep Freeze Cook  
4109 Oakland Ave  
Bloomington, Illinois

**COST:** Serves 5 meals \$17.00 or  
Serves 2 meals \$8.50

**Friends of Ironmen  
Football**  
will receive 20% of all  
walk in purchases at  
this location during our  
event!

Meals includes a wide variety - Gluten Friendly, Keto, Desserts, Breakfast and many other options.

