



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



March/April 2023

In This Issue:

- Letter from Your County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemaker News—pgs. 4-11
- Food & Nutrition—pg. 12
- Health & Wellness—pg. 13
- Human Development—pg. 14
- Family Resource Management—pg. 15

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its education programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action Institution. This material may be available in alternative formats.



1-888-EXT-INFO • www.extension.purdue.edu

Letter from your County President

Dear Extension Homemaker Friends,

Happy Spring to all of you! I know it's been teasing us a little and as I sit here today writing this, it's pouring down rain which is a sign of spring, right?

We had a great Council meeting the other night and I want to welcome Louanne Gressman-Dunn to the board as our incoming Vice President. She brings loads of experience and will be a wonderful addition. Also, welcome to Kim McCreary as our new Assistant Treasurer. Kim does bookkeeping as her job so we look forward to her expertise also. Home & Family Arts will have Susan Rowe as their new Assistant Treasurer. We are still looking for a member of homemakers who would like to serve as an Assistant Director in 2024 to be Director in 2025. This could actually be two people who want to share this position and divide up the responsibilities. Please let Ramona Huber or Lisa Honey know if you or you and another club member are willing and able to step up to do this.

If your club has not signed up for helping on various county committees yet this year, it's not too late. Vickie Gortney is just beginning the process of putting next year's committees together. Many committees only meet 2-3 times during the year. Membership is a very important committee and they have asked for more members to join them. Home & Family Arts always needs extra hands to help even if you cannot attend all the meetings—help before and during the fair is appreciated. With that being said, sign-up sheets are now available for hostessing, craft demos, and quilt garden helpers. Contact Jenn in the office at 574-533-0554 or fink24@purdue.edu to sign up for one of those jobs.

I am looking forward to Heritage Skills this Saturday, March 4. I will be making a repurposed book. Jenny Huffman tells me there are still a few classes with 1-2 openings so if you decide at the last minute you'd like to come, just give her a call at 574-875-9841 and see if there's an opening in the class you're interested in. Don't forget to put Achievement Night on your calendars for April 18 at 6:00pm. This is a big night for us and many of you are being honored by your organization. I always love the variety of salads and desserts brought in and the fellowship with all of you. If you are planning on going to District Meeting on March 30 at Camp Mack, let Lisa Stephens know by March 6. It's really close to us and it would be great to surprise Sue Martin of Kosciusko County with a great turn out.

I wish each of you a happy Spring, a blessed Easter, and much health and happiness heading into this season of "rebirth".

Sincerely,
Deb Pepple
County President



Mark Your Calendars

March 2023

- 1 Homemaker of the Year Applications due in office
- 1 County Committee Sign-up Sheets due in office
- 1 Program Planning Suggestion Sheets due in office
- 4 Heritage Skills Workshop, HFA Bldg.
- 13 County Officer Board Mtg, 4:30 pm, Ext. Office
- 14 VCS Sewing Day, 9 am—3 pm, HFA Building
- 15 Club Volunteer Hours Sheet due to County Vice President
- 16 Educational Program—Mental Health & Connections
- 23 Club President Council Mtg, 6:30 pm, Ext. Office (Cultural Arts Entries due)
- 30 IEHA Spring District Meeting

April 2023

- 1 Point System Forms due in office
- 10 County Officer Board Mtg, 4:30 pm, Ext. Office
- 11 VCS Sewing Day, 9 am—3 pm, HFA Building
- 18 Achievement Night, ECCC
- 20 Educational Program—Build Your Breakfast



March — Tammy Bainter, Cinda Beggs, Bea Blosser, Marla Carlson, Carol Denton, Kim Foy, Jan Ganger, Denise Goveia, Jo Harris, Ramona Huber, Sally Kyle, Peggy Malott, Debra Parcell, Joy Von Blon, and Suzette Yurko

April — Cheryl Baker, Rebecca Buss, Shai Fields, Carol L. Kauffman, Amelia Marrufo, Brenda McCuddy, Elaine Miller, Susan Rowe, Doris Wall, Pauline Yoder, and Maryann Zerbe

Extension Homemaker News

Welcome New Members!

Kenyatta Blackwell is a member of the New Moon Crew club. She lives in Elkhart, but is from Sun Valley, CA. Her family moved to South Bend in 1985. She has two children and enjoys helping people.

Darla Lace is a member of the New Moon Crew club. She lives in Elkhart. Darla was born in Ft. Walton Beach, FL. Since her dad was in the service, she says she is from everywhere. Darla is married to Fred and has 2 adult daughters and 3 dogs. She likes to crochet with thread and yarn and refinish furniture.

Sharon Norton is a member of the New Moon Crew club. Sharon and her husband Steve live in Goshen. They have 3 children. She enjoys baking European pastries, canning, gardening, attending to her flower beds, and reading historical fiction. She is excited to join the New Moon Crew!

Ameila Marrufo is a member of the New Moon Crew club. She lives in Goshen. She was born in Goshen, but grew up in Warsaw. She recently traveled to Europe. Amelia's family includes her mom, 2 brothers, 2 sisters, 2 pit bulls, and a cat. She is attending IUSB to get her bachelor's in Fine Arts—majoring in painting & drawing with a minor in women & gender studies.

Lauranona Marrufo is a member of the New Moon Crew club. She lives in Warsaw with her husband Enrique and their 3 children. She also has 2 dogs and 3 cats. Lauranona has been a RN for the past 12 years. She enjoys nature, hiking, and reading books.

Michelle Dupin is a member of the Four Seasons club. She lives in Elkhart, but is originally from the Philippines. She's also lived in Japan, California, Illinois, Michigan, and Wisconsin. Michelle has 3 daughters—two live with her and one is in the Air Force. She enjoys healthy foods, holistic healing/plant medicines, and guided meditations. She is excited for the new year and all the new people and experiences it will bring!

Spring District Meeting

The meeting will be held Thursday, March 30th at the John Kline Welcome Center at Camp Mack at 1113 E Camp Mack Rd, Milford, Indiana. Club Presidents received the registration form at February's Council Meeting. If you need additional forms, contact the Extension Office.

Achievement Night— Tuesday, April 18 at 6:00pm

Doors open at 5:30pm for club members to arrive. Please bring a salad or dessert to share. See you there!



Club President Council Meeting Reminder—March 23rd

Current Club Presidents, we encourage you to personally invite your newly elected incoming President to this meeting. **The Cultural Arts committee would appreciate if projects were dropped off at the Extension Office on or before the day of the 4th Council Meeting (March 23rd). If you are unable to, items can be brought to the Council Meeting, but they must be there before the start of the meeting.**

Home & Family Conference

Mark your calendars for June 5-7 for this year's Home & Family Conference at the Embassy Suites Conference Center in Noblesville, IN.

Quilt Gardens

The Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility of maintaining the garden (ex. pulling weeds) the 2nd and 4th weeks from June through September, preferable once earlier in the week and once on Thursday or Friday. To sign up to help, call 533-0554 or email fink24@purdue.edu

EH Council Meeting Minutes—February 23, 2023

Submitted by Brenda Mestach, County Advisor, for Nancy Gleim, County Secretary

The meeting was called to order by President Deb Pepple. The Pledge of Allegiance was led by Michelle Blough. Donna Hibsichman led the Club Creed. Sharol Cloud shared a Positive Thought.

Chairman of the Nominating Committee, Lisa Honey handed out ballots for our next year. She asked each person on the ballot to introduce themselves and tell about themselves. First was our nominee for Vice

President, Louanne Dunn of Friends & Neighbors. Next was Kim McCreary of Modern Homemakers who is the nominee for Assistant Treasurer. Susan Rowe of Four Seasons is the nominee for Assistant Treasurer of Home & Family Arts. A motion to accept the ballot as printed was made by Shirley Hershberger, seconded by Sharol Cloud. The ballot was unanimously accepted. We still need someone to be the Assistant Director of Home & Family Arts for 2024 (Director 2025).

Roll Call was done by Advisor Brenda Mestach. The question was “How many from your club are planning to attend the District Meeting on March 30 at Camp Mack?”. It was reported that at this time, approximately 14 members will be attending. All but two county clubs were represented in the roll call.

Minutes from the last Council meeting were in the Coffee Cup. Brenda asked if everyone had the opportunity to read them (filling in for Secretary Nancy Gleim). We asked for a motion to approve. Sharol Cloud made that motion, seconded by Jeannine Martin, and approved by all.

The Treasurer’s Report was given by Treasurer Lisa Stephens. The current budget and account balances were attached to everyone’s packet. Lisa mentioned that 3 clubs sent their Coins and Nickels checks to the incorrect, previous treasurer so this was corrected. Shirley Hershberger made the motion to accept the report, Jenny Huffman seconded the motion, and all approved.

The Home & Family Arts Treasurer’s report was attached to each packet. Lisa Honey made the motion to accept this report, Donna Hibschan seconded it, and all approved.

Due to Emily Christ’s absence, Deb Pepple told of the patterns that are in the Ext. office. They were donated and the Council will be able to take a look at these at our next meeting.

Deb Pepple made mention of the enrollment forms and that they will be handed out at the March Council meeting so they can be filled out and turned in at Officer’s Training in June. That will be the actual due date for those forms. The forms can still be turned into the office before this deadline too.

Committee Reports

- **Achievement Night**—Reported by Sharol Cloud. On Tuesday, February 21, the committee met and finalized plans for the event. The theme,

program, and color theme were confirmed. Committee members will continue with last minute adjustments and coordinate with Jenn. Gifts for the Homemaker of the Year winners are secured. Clubs need to have their count of the number of members attending by March 30. (It was suggested that the Roll Call for March Council meeting will be to state how many members from each club will attend.) The committee will meet on April 17 to finalize everything and decorate. The event is on Tuesday, April 18 beginning at 6:00pm. Everyone is encouraged to bring a salad or dessert to share. Once again, we need volunteers from clubs to assist in getting food items to tables giving a balance of items over the 3 food stations. We ask for everyone to assist in clean up after the event.

- **Auditing**—No report.
- **Cultural Arts & Heritage Skills**—Reported by Jenny Huffman. The Cultural Arts contest will be held at the next Council meeting on March 23. Entries need to be turned in by the beginning of that meeting. We are requesting they be turned in earlier if possible to the Ext. Office. There will be judging that evening by everyone present. Please remember that items must be made completely by an Indiana Extension Homemaker within the last 2 years. The Special Category is a Fairy Garden, measuring 18”x18”x18” in a round or square container. No Volunteer Community Support items or kits will be accepted. All items will be held for Achievement Night where awards will be presented.

Heritage Skills Day will be March 4 in the HFA building from 8:30am-3:00pm. We have received a positive response this year. We only have 3 of our 8 classes that are not full. The Beginning Macrame Plant Hanger has 3 openings. Mary Ann Lienhart Cross’s Mega Dream Bag class had to held early as she had a scheduling conflict. We will look at getting more classes next year. Please let us know if you are interested in teaching or would like to see something taught. Jenny had registration forms available at the meeting.

- **Fall Holiday Program**—No report.
- **Fashion Show**—Report sent in by Patty Janowski and read by Brenda Mestach. The committee met on January 29 at 2pm with past Chairperson Sharol Cloud and current Chairperson Patty Janowski present via video call. Items discussed were: contacting people for the committee and setting up a meeting date and time; people needed for the committee and their roles and responsibilities (photographers, check-

in people, fashion writer, and fashion narrator who will also MC the event); theme ideas and how it should emphasize sewing for Fashion Show; Jenn Fink will be contacted about possible poster or a banner and possibly help in creating it; also discussed staging and what the HFA building has available with which to decorate; dates and times of Fashion Show (cleaning date is Monday, July 10 starting in the morning and setting up the stage in the afternoon, Fashion Show judging is Thursday, July 13 starting at 5:30pm, participants must be there by 6:30pm, while Fashion Show begins at 7:30pm); awards, gift cards, gift bags, and participation gifts; and people or businesses to contact for contributions. We will get a list from Jenn Fink.

- **Home & Family Arts**— Report sent in by Ramona Huber and read by Sharol Cloud. We meet on the 4th Tuesday of every month. You are welcome to come and sit in to see what all is involved in getting the building up and running for the fair. We are still looking for an Assistant Director for 2024-25. If you think you might be interested or someone else may, let Ramona Huber (574-536-1006) or the Nominating Committee, Lisa Honey (574-849-6463) or Kathy Stoltzfus (574-214-9521) know. Thank you.

We are still going to run the Silent Auction. The committee is Lisa Honey and Sharol Cloud. They are asking the clubs to donate one basket with a value of \$20-\$25.

We have a cleaning date set already for the building. It is Monday, July 10th starting at 8am until finished. Volunteers are needed on this day. We clean the whole building from top to bottom. That includes the office, kitchen, and exhibit units. Check-in for Open Class day is July 17th from 11am-7pm. We would like to have volunteers for this day and the next day for judging. Also, during the contests the departments need volunteers. Please look in your HFA booklet (coming soon!) for department chairs to contact.

For the cylinder we are going to ask clubs to help fill it with items such as socks, underwear, t-shirts, gloves, scarves, etc. These items will be donated to Center for Healing & Hope. There will be guessing on the cylinder as we did in the past.

There will be booths for clubs to participate in. This is where your club can shine. Put in anything your club has done in the past year, classes

that were interesting to you, or what the organization means to you. Have fun with the booth. Let the Extension Office or Ramona Huber know you want to show off your club.

Now we do have some changes in the baking sections. The President's Baked Item is "Anything Goes with Cherries", Yes, that's right—anything! Cookies, cakes, pies, breads—anything! We will not be responsible for cold items. If you bring in a cold item, you might want to pack it in ice. Check-in for the President's Item and baked goods are at the same time which is 7:30am-11am. Let the ladies know when checking in if it's a President's Item or baking contest item. The President's judging will start at 11:15am and the baking contest items will follow right after the President gets done.

A new category has been added— "Cobbler/Crisp". That's right ladies—you can make peach, apple, cherry, or blueberry. Fix up that favorite grandma's recipe and share. Let's have some fun this year! Hope to see you with all your crafts, baked goods, and who knows what at the fair.

- **Home & Family Arts Fundraiser**—Report was included in Ramona's HFA report so Lisa Honey asked questions about the meeting they had via phone. Sharol Cloud explained how they did that.
- **Home & Family Arts Landscape**—No report.
- **Membership**—No report was given, however Marlys Prough spoke with Deb Pepple and said she was going to continue to write articles for the Coffee Cup that introduce new members. Deb told us that she promised the Membership committee that we would be working on getting members for the committee. We had a discussion about acquiring new members for the organization.
- **Nominating**—No report.
- **Volunteer Community Sewing**—Report given by Kris Peterson. Kris gave us a demonstration of how the knotting is done to put quilts together. She said she has about 24 quilts that need to be knotted together. Deb said that we would like to feature the committee in a video that will be shared at our State Conference in June in Indianapolis. Kris's minutes reported that since the September Council meeting, 31 twin-sized blankets have been given to Ukranian refugees living in Elkhart County. Eighteen blankets were given to Guidance Ministries

and 18 blankets were given to First Light Mission, formerly known as Interfaith Hospitality Network, during the cold snap we had a few weeks ago. We have 24 twin blankets that were knotted last week by 4-H clubs and church groups to be delivered this week. There will be 2 dozen or so that need knotted after our next sewing day on March 14. If individuals or your club would like to help knot these, reach out to Kris. If you are needing fabric for “Scatter Kindness” hearts or Puppy Pillows, there’s no need to buy any. Please feel free to use what has been donated to VCS. Reach out and we will schedule a meet-up time. We are in need of more batting. Used mattress pads make great batting! They can be stained or even torn, but please make sure that they are clean. They can be dropped off at the Ext. office or given to Kris at her Dunlap home. The group will meet next on Tuesday, March 14 to sew blankets. We always need sewers, pinners, and fabric cutters. Come when you can from 9am-3pm. A delicious free lunch is provided. In a continual process, if you have a seamstress or two in your club or have family and friends that would like to help out, we always have quilt tops and backs that can be made. The instructions are basic. Use the fabric provided to make a quilt top and back ONLY. You do not need to put it together into final form. You may use any quilt pattern, design, or create your own! (Many of the leftover cuts of masks are already precut and ready for sewing.) We’re not asking for perfection. We’re asking for help. We suggest 1/4 inch seams. If there is a piece of fabric that you don’t like, don’t use it. If you want to add something, feel free! If we have any suggestions, they’re on a note inside. Please contact Kris Peterson at 574-238-2065.

- **Yearbook**—Vickie Gortney mentioned that she has been doing re-search for our Yearbook in lieu of a report from the committee. She is concerned about the cost of printing.

New Business/Looking Ahead

- **Lessons for 2023-24**—Educator Emily Christ gave us an update of the lessons for next year via Zoom.
- **HFA Building Sign-ups**—The clipboard for helping in the HFA building during the fair was sent around the room.
- **Committee Sign-ups**—Only 5 clubs have turned in their forms for signing up to be on a county committee.
- **State Conference**—Deb mentioned that we have a form to fill out if you would like to go to the State Conference as a Returnee. The State

will pay \$175 toward the registration for the person awarded by the winner. Deb said that she needed the figure of how many kindness hearts club members have made by the next Council meeting. She also reminded us that the number of volunteer hours completed needs to be turned in by March 15.

- **District Positions**—Our District Representative Michelle Blough told us that we need a District Secretary/Treasurer. Michelle explained the duties of this position and that they would really like to have someone to approve by the March District meeting.
- **Fall District Meeting**—Deb told the Council that the Fall District meeting that we will be hosting will be at Grace Community Church in Goshen on September 12, 2023.

Our meeting was adjourned at 7:50pm.

Elkhart County 4-H Fair— July 21-July 29, 2023

Hostessing and Craft & Needlework Demonstrations—We need volunteers to help greet visitors and answer questions. We also need your crafting/needlework skills for demos. To schedule a time for Hostessing or Craft & Needlework Demos, call the office at 533-0554 or email fink24@purdue.edu

Hostessing Schedule—Two hostesses per time slot. Times are as follows:

- Opening shift (arrive 8:45 am) from 9am—11am
- 11 am to 1 pm
- 1 pm to 3 pm
- 3 pm to 5 pm
- 5 pm to 7 pm
- Closing shift from 7 pm to 9 pm

Educational Booth— If you have an idea for a booth, get with your club members and reserve your spot!

Craft & Needlework Demo Schedule—Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 21 — 1 to 3pm and 4 to 6pm
- Saturday, July 22 — 1 to 3pm and 4 to 6pm
- Sunday, July 23 — 1 to 3pm and 4 to 6pm
- Monday, July 24 — 1 to 3pm and 4 to 6pm
- Tuesday, July 25 — 1 to 3pm and 4 to 6pm
- Wednesday, July 26 — 1 to 3pm and 4 to 6pm
- Thursday, July 27 — 1 to 3pm and 4 to 6pm
- Friday, July 28 — 1 to 3pm and 4 to 6pm
- Saturday, July 29 — 1 to 3pm and 4 to 6pm

Food and Nutrition

What is a Calorie Deficit?

Emily Christ, HHS Educator

It almost feels like there is a new fad diet popping up each day. It can be hard to keep up with the new trends and finding what works best for your body. Some diet plans work better for some people than others. It all comes down to how many calories are being taken in versus how many are being burned off daily. Some diets may include eating no carbohydrates, no sugar, or all vegetables... the list can go on forever. In reality, it all comes down to eating fewer calories than what your body uses if the goal is to lose weight.

However, food is never the enemy. Food is meant to give you the energy needed to live and complete your daily tasks. Food and calories should be looked at as fuel for the body. These calories can be burned in different ways throughout the day ranging from breathing to going on a 10-mile run. Calories get burned and stored differently for everyone.

A calorie deficit can be a balancing act. Knowing how many calories your body needs to gain, maintain, and lose weight can be difficult. Researchers have found that on average you can begin to see weight loss ranging from 1/2 pound to 1 pound a week by eating around 500 calories less a day. This involves eating high-nutrient based foods versus high calorie foods. This could also mean cutting portion sizes and swapping out some of your most loved foods for healthier choices. While eating in a calorie deficit can seem overwhelming, it can be accomplished by starting small. Instead of eliminating everything, eliminate just one thing at a time. Use helpful tools such as calorie counters from a reputable source to ensure you are consuming what is right for your body. Lastly, consult your doctor before starting a calorie deficit as they can tell you the specifics about what will be beneficial for you versus what won't. A calorie deficit is just one of many ways to tackle weight management.



Health & Wellness

Top Mental Health Tips

Emily Christ, HHS Educator

Mental health can be a difficult topic to talk about for some people. Anyone can experience mental health problems at some point in their life. Mental health refers to “a person’s condition with regard to their psychological and emotional well-being”. For some individuals, it affects their daily life, how they handle situations, and how they experience relationships. In fact, 1 in 5 Americans live with a mental health disorder. Having a mental health concern is much more than experiencing depression or anxiety. For some, it can even involve how they are able to bounce back after a stressful situation or how they see their meaning or purpose in life.

The first step to having strong mental health is being able to value and take care of yourself. You deserve to treat yourself with kindness and respect. To improve this, you could learn a new hobby, eat nutritious food, stay active, get enough sleep, and challenge your brain. When you begin to surround yourself with individuals who are supportive, you will notice more positive social connections come your way. Do understand that it is okay to break up your routine to try something new. If you have goals you want to reach, make sure they are realistic for you personally.

Mental health can be a roller coaster of emotions and feelings. Sometimes you feel strong enough to tackle the day and other times you may need a moment to quiet your mind. It’s okay to take the space you need to refresh and recharge. You know yourself best. If you feel out of control with your emotions or thoughts, don’t be afraid to seek help when you need it. It is a sign of strength and can help you learn new coping mechanisms that work best for you.



Human Development

Limit Your Screen Time

Emily Christ, HHS Educator

In this day and age, it's easy to spend hours on end looking at a screen. Between new gaming systems, different streaming tv services, and new trending apps, it's hard to not be looking at your screen. We have a mini screen at the tips of our fingers at every second. For most, it's used for everything we do. Limiting screen time has become difficult especially if you have an office job that requires you to be on the computer most of the day. It can be hard to separate yourself from the digital screens surrounding you.

A couple of years ago, the average screen time for adults in the U.S. was around 11 hours per day. During the pandemic, it skyrocketed to around 19 hours a day. That's more than half of the day! Around 30 percent of adults say they are online all of the time. It is extra difficult for individuals who work from home to get away from a screen. Too much screen time affects us in more ways than people think. It can cause physical effects such as insomnia, poor sleep habits, neck/back pain, eye strain, and headaches. Too much screen time can also affect us cognitively and mentally. We can begin to see changes in cognition, addictive behavior, and mental health disorders.



While experts know you can't change the nature of your work environment, you may be able to make some changes outside of your work environment. Research says you should limit screen time to around 2 hours or less a day outside of work. The other time spent looking at a screen whether it is a phone, tv, tablet, computer, etc. should be spent participating in physical activity at a feasible level.

Take small steps to minimize your screen time instead of cutting yourself off cold turkey. You will be more successful this way. You can start by being intentional and turning on timers or turning off notifications. You could even go as far as leaving devices in a completely separate room. This will help with kicking a habit that has become like second nature to us.

Family Resource Management

Meal Delivery Services

Emily Christ, HHS Educator

Amidst the COVID-19 pandemic, meal delivery services became more and more popular solely due to convenience and lack of supplies in everyday grocery stores. Meal delivery services can range from getting ingredients to cook a meal delivered to your door to an already cooked meal delivered from surrounding restaurants. For meal delivery kits, individuals can go through their options each week on a website and pick what they would like to make. This is beneficial for individuals wanting to try new recipes but needing the guidance and materials in front of them.

One benefit of a meal delivery service is that you can adjust the meal kits to your likes and needs. For example, if someone has allergies or preferences, the kit can be adjusted accordingly. The main purpose of the meal kit is to help people follow a healthy diet with whole ingredients and to provide convenience to those who may not have access to a well-equipped grocery store. These could be individuals who live in rural areas or those that aren't able to get around easily.

Meal delivery kits can range in price and variety. There are over 60 meal delivery services to pick from across the U.S. This includes popular ones such as Home Chef, Blue Apron, Green Chef, etc. With so many options to choose from, it is easy to find one to fit your personal needs and financial means. They range anywhere from \$4.99 to \$19.99 in delivery fees. Almost all meal delivery services will deliver to any state in the U.S. (The two common states they won't deliver to are Alaska and Hawaii.) Most offer a trial period to see if it is a right fit for you. If you want to try meal delivery kits, do your research to see what kit is best for you. The options are endless.

