

HOW to help

Aid for Friends program -- at St. Denis

Please feel free to check out Aid for Friend's website for a mission statement, client stories, fundraisers, service opportunities, etc www.aidforfriends.org

If you wish to help here at St. Denis, there are options:

- 1.) Become a visitor. You would bring 7 meals to a homebound client once a week, and stay for a brief visit. Brief training is required. Contact Eileen Brophy for the form.
- 2.) Become a driver. Occasionally, we need to have meals transferred from one location/freezer to another, or we need supplies picked up from the HQ in NE Phila. You would be contacted via e-mail (or phone) and have the option to accept or decline based on your availability.
- 3.) Become a cook. Our clients receive 7 home-cooked meals each week. You can cook meals specifically to fill AFF trays, or share a portion of your/your family's dinner to create 1-2 trays, or you can join a scheduled group cook in the parish. There are meal trays located by the freezer in the cemetery garage. Please look for instructions near the orange bin. PLEASE ensure that meals are clean, nutritious, substantial and frozen immediately after preparing. ***We REALLY need your help in the summer !***
- 4.) Help keep us stocked in tray sets. You can do this one while watching TV ! The trays come in boxes of 500. We break them down into sets of 4, adding foil wraps, plastic bags, etc. It's an ongoing/ as needed process. For adults/kids alike!
- 5.) You can make breakfast bags, or donate some items toward them. (i.e. look for that sale at Acme & grab an extra box of cereal bars or oatmeal packets) You can do this as an individual, a family, Scout group, etc.
List of items needed and instructions to make the bags are at the AFF freezer. (door marked "Aid For Friends" off the small parking lot *behind* the church, on St. Denis Lane)

If you are interested, ready, willing & able, or just want more info.,
contact Eileen Brophy at : 6brophys@verizon.net,
(H) 610-449-6145, (c) 484-431-4393

for other freezer locations: [www/aidforfriends.org](http://www.aidforfriends.org) - enter zip code