

To make a meal:

Aid for Friends supplies you w/ meal trays sets. We make them in packets of 4. You can make 1 meal, 7 meals, 30 meals... whatever suits you. Contribute weekly, monthly...whatever you do will be appreciated!

Approaches- you choose : (1.) put a tray on your dinner table, and "serve" a meal to an AFF client by putting a food in each compartment - 1 protein, 1 starch, 1 vegetable.

(2.) when you are clearing your table and have just one piece of chicken left, or just one serving of green beans left, put that in an AFF tray and freeze it rather than throw it away. Next night, add the other component(s).

(3.) cook a meal especially for AFF and fill as many trays as that allows. (you might want to invite friends/neighbors to join you for this one - make it social!)

The meals must be covered with foil, then sealed in a plastic bag and frozen ASAP in order to keep the food safe. Many of the recipients are frail, & for some this one meal is their only source of nourishment for the day, so please be certain that the food is **clean, safe, and healthy.**

--You will fill out a menu sheet (provided) to say what is in the meal you've made, and on what date you made it.

--You can add a dessert and/or tea bag/instant coffee packet as a much appreciated bonus. This is purely optional! Please place that on top of the foil, and UNDER the menu sheet.

You can deliver the *frozen* meal to the AFF freezers at any time. The freezers are located just off the rectory/parish office parking lot (St. Denis Lane)...green door marked "Aid For Friends". *pls. sign meal(s) in on (L) side of green sheet The tray sets are there, as well as written instructions about how to make a meal (all the stuff I put above..) I also have the supplies at my house- if you live closer to me than to church. 119 Decatur Rd. Havertown - on front porch, clearly marked, accessible 24/7.

Seems like a lot of info., but it's really simple. Again, contribute at your own pace - once a week, once a month, 12 times a month...whatever you do will be appreciated.

Feel free to contact me with questions.

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