



## Our Lady of Guadalupe

Roman Catholic Church

5194 Cold Spring Creamery Road Doylestown, PA 18902



**AID FOR FRIENDS**

FOOD AND FRIENDSHIP FOR THE HOMEBOUND

The mission of **Aid for Friends** is to alleviate the hunger and loneliness of isolated homebound individuals, providing home-cooked meals and life-enhancing friendship free of charge.

**THANK YOU FOR HELPING TO FEED THE HUNGRY!**  
**BELOW ARE SOME BASIC INSTRUCTIONS TO HELP YOU GET STARTED.**

### FOOD SAFETY GUIDELINES

- Observe strict cleanliness when preparing all food.
- Use only new trays, plastic bags/ties, soup containers and tinfoil.
- Cook food thoroughly. Freeze immediately to avoid bacterial growth.



### MEAL PREPARATION, SUGGESTIONS, & PROCEDURE

- Please include 3 – 4 ounces protein such as cheese, meat, fish (no bones), beans.
- Single serving of green or yellow vegetable (cooked) such as spinach, carrots, peas, broccoli, cauliflower, etc.
- Single serving of starch i.e. sweet/white potatoes, rice, pasta, etc.
- Serve the above in combination such as stews, casseroles, soup.
- Please add gravy, broth, or butter over all items to keep food moist when reheated, then cover and seal the tray with tinfoil.
- Complete the label (provided) with contents of the meal noting any potential food allergens (nuts, dairy, etc.) or foods that are spicy.
- There are separate round containers available for soups. Please fill them with ½ liquid/broth then top with veggies, noodles, rice, etc.
- Filled and frozen meal trays are collected on the first Sunday (and corresponding Saturday) of each month at all masses.

### MORE HELPFUL TIPS

- You can include extra items such as cookies, bread, oatmeal packets, or tea bags. Please put these items in a small ziploc bag and place under the label.
- You can also include a greeting card or note under the menu.
- We request no religious items be included since we serve people of all faiths.