

# Jarrettown.Church

## MLK Day of Service - January 17, 2022

### “Take and Make” Projects

#### Project information



#### **Sandwich Making for Bread Drop**

Make PB & J Sandwiches to feed the homeless. This project is for you to make at home and \*drop off prepared sandwiches.



#### **Snack Bags for Bread Drop**

Use your own \*supplies. Snack bags get delivered to homeless in our surrounding area.



#### **No-Sew Blanket**

Tie up a no-sew blanket. Return to church and they will be delivered to “One House at A Time”.



#### **Pillowcase Making**

Kits available for experienced Sew-HAAT pillowcase makers. Kit instructions are available. Pillowcases are delivered to kids by OHAAT’s “Beds for Kids” program.



#### **Caring for Friends Meal Assembly**

Pick up freezer containers to fill at home and return to church (instructions included with containers).



#### **Caring for Friends Soup making**

Pick up soup containers to fill at home and return to church.



Project supplies will be available for pick up on January 17<sup>th</sup> from 10am – 12pm while supplies last. To reserve supplies for pickup, or if you have questions, contact Jean Graber [jeangrabergmail.com](mailto:jeangrabergmail.com).

\*see page 2 for detailed project instructions

## PB&J Sandwich Making for Bread Drop (for homeless)



Use any Peanut butter, jelly and bread. Please make the PB & J generous. We suggest spreading peanut butter on both sides to keep them from getting soggy, and then place in Ziplock bags. Don't cut sandwiches in half – they hold up better. Finished sandwiches can be dropped off at the church **weekly between Monday afternoon - Tuesday by 12 pm**. Coolers will be available outside of the office entrance.



## Snack Bags for Bread Drop

Purchase a variety of snacks and make snack bags of their own following the guidelines. To make up your own individual snack bags – in a Ziploc bag (we use quart size), five items total and should have a mix of sugary and savory items. Such as: fruit snacks, mini chocolates, raisins, chewy granola bars, cookies, potato chips, peanut butter crackers, cheese crackers, mini Slim Jims

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## One House At A Time ([www.ohaath.org](http://www.ohaath.org))



### No-Sew Blankets

Kits are available while supplies last or can be purchased at a fabric store such as JOANN Fabrics. Completed blankets can be dropped off at the church Sundays or Tue-Fri 9am-3pm

### Pillowcase Making

Kits are available while supplies last for experienced Sew-HAAT Pillowcase makers. Pillowcases can be brought back to the church Tue-Fri 9am-3pm. They are delivered with bed kits through the “Beds for Kids” program run by One House At A Time



## Caring For Friends [www.caringforfriends.org](http://www.caringforfriends.org)

Pick up meal or soup containers to fill. Completed meals/soups can be returned to the church Tue-Fri 9am-3pm.

Guidelines for preparing a meal:

- Include protein—Protein is an important part of a healthy meal. The main section of the tray should contain at least 4 ounces of protein
- Be mindful of size—When preparing a meal with beef, try to use thin, lean cuts of beef. Thick-sliced beef tends to be tough and difficult for some client friends to chew. Beef cubes or stir-fry beef, which can be cut in strips and pan fried quickly, are usually better
- Use gravy—In frozen meals, gravy, or even butter, are great additions. Gravy and sauces help preserve the meal and protect it from freezer burn. The meals you make could be kept frozen for a few months
- Add sides—Don't forget about the side sections of the tray. A vegetable and a starch should each be ¼ cup servings so the tray will be filled close to the top.



More specific instructions are included in each package of containers.