Welcome to the Martha’s Table Ministry

Sandwich collections are held on the third Monday of the month

1. **Sandwich Guidelines.** When making sandwiches, it is vitally important that we focus on food safety and hygiene. Remember to wash your hands frequently, pay strict attention to the 20-second handwashing rule, and wear gloves when handling food (per the Martha’s Table hygiene protocol). If you feel unwell, please do not make sandwiches this month; monetary donations to Martha’s Table are equally appreciated.

If you are able to donate sandwiches, kindly email us at marthastable@cathedralcongregation.org no later than 3:00 pm on the Friday before the collection date to indicate how many meat and cheese sandwiches you plan to contribute.

2. **Sandwich Ingredients/Supplies.** Use healthier types of ingredients, whole wheat (brown) bread and low-fat meat are preferred. Nutrition is important. Please make fewer sandwiches if healthier ingredients are more expensive.

You will need (based on 20 slices of bread per loaf; adjust numbers for your loaf size):

- Two loaves of **whole wheat** (brown) bread
- 20 slices of meat, low-fat preferred (avoid bologna)
- 20 slices of cheese
- 20 sandwich bags

3. **Preparation of Sandwiches.** Martha’s Table has established the menu, the amounts needed, and the type of packaging required to guarantee efficiency, food safety, and nutrition.

- Make each sandwich with two pieces of bread, a slice of meat and one slice of cheese. NO additional fillings or condiments please (e.g., no mayonnaise, mustard, butter, margarine, lettuce, etc.).
- Put each sandwich into an individual sandwich bag.
- Place the bagged sandwiches into the bread bags.
- Refrigerate the sandwiches until time of delivery to the Cathedral.
4. **Fruit is also very much appreciated.** We are one of the few volunteer groups who donate fresh fruit. Please consider donating one serving of fruit for each sandwich made, for example:

- 20 pieces of fresh fruit (soft, chewable fruit preferred), or non-perishable, individual (low sugar) fruit cups or apple sauce.

5. **Trail Mix.** If you prefer not to make sandwiches, please consider making trail mix, a nutritious additional snack that can be distributed with the sandwiches and fruit.

- Make your own mix with nuts, whole grain cereal, pretzels, dried fruit, etc., and pack in individual sealed bags. One cup of trail mix can easily fit into a snack-size bag, and two cups are perfect for a sandwich-size bag. There is no minimum amount; any number of bags will be gratefully received. Recipe ideas can be found at: [https://marthastable.org/news/mixthelove-with-us-in-2017/](https://marthastable.org/news/mixthelove-with-us-in-2017/)

6. **Delivery.** Sandwiches, fruit, and trail mix will be collected at the Cathedral on the third Monday of the month from 11:30 am to 1:30 pm in the **BUS GARAGE** (enter via Wisconsin Avenue and South Road, see directions below).

Contactless drop-offs will be observed. Please wear a face covering, keep the appropriate distance, and follow the guidelines below to help keep us all safe.

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**DROP-OFF INSTRUCTIONS**

**PLEASE WEAR A MASK WHEN DROPPING OFF SANDWICHES**

- Drive through the bus garage entrance located at South Rd and Wisconsin Ave, and follow signage.
- Wait in line and please be patient if there are vehicles ahead of you. **Social distance will be maintained.**
- Kindly drop off sandwiches/fruit/trail mix in the boxes provided.
- If you need help, let us know.
- Exit garage straight ahead to Woodley Rd.

**Questions?** Sher Sandusky and Nicoleta Parau coordinate the Cathedral’s program for Martha’s Table. Contact Sher and Nicoleta via email: marthastable@cathedralcongregation.org

**To volunteer** at Martha’s Table itself, contact the volunteer team there at [https://marthastable.org/volunteer/](https://marthastable.org/volunteer/) or email volunteer@marthastable.org

**For information** about other volunteer opportunities at the Cathedral, contact the Cathedral Volunteer Office via email: volunteer@cathedral.org

Offered through the Offices of the Vicar and Canon Missioner, Washington National Cathedral. For more information on our Outreach & Social Justice Programs, contact OSJ@cathedralcongregation.org or Canon Missioner Hamlin: lhamlin@cathedral.org