



Welcome to the Martha's Table Ministry

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, 100% 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 **100% 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/wp-content/uploads/2019/06/Trail-Mix-Flyer1.pdf>

6. **Delivery.** Sandwiches, fruit, and trail mix will be collected at the Cathedral on the designated day. For date/times and drop-off location kindly email marthastable@cathedralcongregation.org

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/> or email volunteer@marthastable.org

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