

FEED MY SHEEP

This new program is intended to build up and maintain a small selection of homemade frozen meals that when needed can be shared with church family members who have just been discharged from hospital or are under the weather and cannot cook for themselves.

You can participate in this by occasionally making an extra batch of whatever you are having for dinner and bringing that to the St. Thomas FEED MY SHEEP freezer.

Here are some guidelines for this; if you have further questions, please contact any of the Community Impact/Feed My Sheep team members.*

1. See any member of the team to obtain a meal container.
2. Use the label included and in indelible ink print the name of your dish and list all ingredients. We do not need the recipe, but it is imperative to know the ingredients in case of food allergies or dietary restrictions. If you use a commercial product such as Manwich or Ragu please list it, as most people know what products trigger their allergies.
3. Include any special cooking/reheating instructions. The meal should freeze/reheat easily in both a conventional oven as well as a microwave oven.
4. Return your meal to the church office (Carol is in most mornings) or just contact us if you need it to be picked up.

**Feed My Sheep* team: Wanda Shaffer, Ellen Miller, Shirley Romberger, Marilyn Beistel, Claire Gallagher, MaryEllen Rutter, Wendy Hepler, Roberta Wallower.



Here are a few suggestions for what to prepare, but again, whatever's your specialty will be greatly appreciated.

Soup
Lasagna/Zitti Pasta Dishes
Breakfast/Dinner Casseroles
Quiche
Chili
Meatloaf/Hamloaf
Bar-B-Que
Meatballs
Escalloped/Cheese Potatoes

*Thanks for sharing one of your favorite meals
with our laid up and shut-in friends!*