



St. Martin de Porres Food Instructions

St. Martin de Porres is an emergency shelter of the Archdiocesan Housing Authority. Every day, St. Martin's provides a bed, a meal, and many other services for 212 men over the age of 50. But they have a problem...their kitchen is not large enough to prepare food for such a big group. In response to this problem, churches and groups in the greater Seattle area have agreed to provide sandwiches for the men on specific days each month. St. James provides dinner on the **second Monday of each month.**

Are you interested in getting involved? It's easy to do and fun too! Make sandwiches in the comfort of your own home! This is a great way for busy individuals and families to get involved in outreach. See below for specifics....

How it Works

Make the sandwiches at home and bring them in to Coffee Hour after the 8, 10, or Noon Mass on Sunday. You can put them in the big refrigerator in the kitchen. If you attend a 5:30pm Mass, you can drop the sandwiches off at the Parish Office between 9am and 3pm on the Monday we serve.

Sandwich Specifications

- For some of the men at the shelter, this might be their only meal for the day so St. Martin's asks that we bring hearty sandwiches, rather than plain cheese, peanut butter and jelly, or bologna sandwiches.
- You can be creative with the types of sandwiches you make. Great examples are tuna fish, hot dogs, ham and cheese, meatloaf, egg salad, turkey and swiss, chicken, roast beef, and liverwurst.
- Condiments tend to make the sandwiches soggy so please do not put any on the sandwiches. Feel free to include little packets of condiments with the sandwiches.
- Many of the men have difficulty eating things that are hard because of dental problems so please leave out things like celery that are hard to chew.

How to Pack Your Sandwiches

1. One loaf of bread makes about 10 sandwiches.
2. Take out the bread, make the sandwiches, put them in individual baggies, and then just put them back in the loaf bag.
3. Please put a piece of paper somewhere in the loaf bag telling us what kind of sandwiches they are.
4. Feel free to make as few or as many as you want. No amount is too small!

Other food ideas

In addition to sandwiches, volunteers can provide boiled eggs and/or cookies. Cookies are always especially appreciated!



If you are interested in helping with this service to our homeless neighbors, please contact Jennifer Ibach at 206-654-4640 or jibach@stjames-cathedral.org.

