



MY SISTER'S
PLACE
WOMEN'S
CENTER
CATHOLIC CHARITIES IN ACTION

Interested in Preparing Casseroles for MSPWC?

We are open to whatever type of casserole you would like to prepare for our ladies!

- FYI: We already receive a good amount of pastas with red sauce, and are looking for more variety.

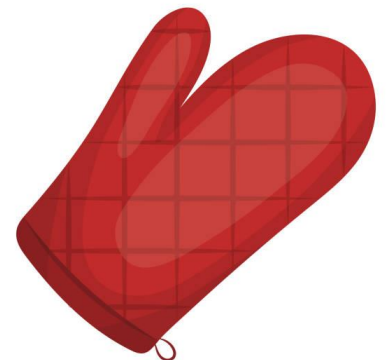
We typically serve 6-8 casseroles per meal, so if possible, we ask that you make 6 of the same.

- However, this is NOT a requirement - if you are not able to make that amount, your casseroles would still be a huge help!

We accept casseroles Monday through Friday from 1pm-4pm at 411 Cathedral St., Baltimore, MD 21201

Casseroles should be frozen and labeled (type of casseroles with ingredients, and date made) prior to delivery.

E-mail volunteermspwc@cc-md.org to learn more





Procedures for Food Handling Outside of My Sister's Place

Suitable Workspace:

- Must meet **sanitary standards** and have **clean source of water** for preparation and cleaning, with enough space to work.

Store and Prepare Food Safely:

- **Refrigerate/freeze all perishable food** within two hours of preparing.
- **Separate areas for raw and cooked foods.** Never place food on same space or cutting board that held raw food
- Wash hands, cutting board, dishes, utensils, and work surfaces frequently with **HOT soapy water.**

Use Internal Temperature Chart:

- Check **internal temperature** in several places to ensure food is *cooked thoroughly.*

Food transportation:

- Keep **cold** food at or below **40 degree Fahrenheit** by placing in cooler with ice or cold source. Keep **hot** food at or above **140 degree Fahrenheit** by wrapping it well and placing in an insulated container.

Items not to purchase when shopping:

- Any package (perishable or not), that is torn or leaking.
- Any items with past expiration dates.
- Cans that are dented, rusted, or bulging.

Thawing:

- **Refrigerator:** allow slow, safe thawing. Make sure when thawing meat and poultry that juices do not drip on other food.
- **Cold water:** for faster thawing, place in leak-proof plastic bad. Submerge in clean cold tap water. Change water every 30 minutes and cook immediately after thawing.
- **Microwave:** cook meat and poultry immediately after microwave thawing