



SOUP INSTRUCTIONS

Make nutritious soup of your choice keeping in mind it is for frail elderly folks. They advise nothing too spicy or heavily creamed and not tons of beans.

Label your soup using the Aid for Friends labels (the organization is now Caring for Friends but our labels have not been changed.) Please add any special dietary notes (low sodium, kosher, vegetarian, etc) on the label and be sure to include the date.

You can make soup any time from now until January 20, 2020, Martin Luther King Jr. Day of Service.

Deliver your soup to one of the freezer locations listed below by January 20, 2020. If possible, freeze your soup before delivering. Please call our congregant offering freezer space before delivering.

Sharon Starr 1009 Farm Lane, Ambler 215-264-6075

Babette Zemel 527 Shoemaker Rd, Elkins Park 215-313-4299

Nancy Schek 925 Stratford Avenue, Melrose Park 215-290-2023

Nancy Freedman 1813 Castlewood Drive, Dresher 267-242-2749

Questions? Contact Vivien Kane 610-509-0042 or Shelley Sanders 610-733-8506

