



Tracker University

Egg Ministry

Eggs are nutritious, a source of protein, and would be a treat for the people we serve.

You can join the **Egg Ministry**, cook eggs (hard boiled) at home, and deliver them to MLF for putting on the trucks.

Responsibilities:

- Donate 3 dozen hard boiled eggs during your assigned week on Sun. through the following Sat.
- Cook the eggs at home. Follow "Safe Handling Procedures" (paper is with the eggs). If you want to decorate the eggs, have fun (use only safe dyes or markers).
- Return the eggs to MLF. Mark them "hard-boiled". Put them in the walk-in refrigerator on the shelf marked "hard-boiled eggs". **Sign in on the sheet.**

Safe Handling Procedures

- Keep eggs refrigerated.
- Start cold eggs in cold water to prevent cracking, bring to a boil, gently boil for 10-15 minutes. (If you cook more than a dozen eggs in one pan, add about 5-10 minutes per dozen. You might do a test egg to be sure that the eggs are hard-boiled.)
- Drain eggs, cool, then refrigerate.
- Keep cracked eggs for yourself.
- Write on the end of the carton "cooked + the date cooked" (cooked 1/30); putting the date on the end of the carton helps us to keep the eggs moving in good time.
- Use only dyes or markers that are made for eggs.