

## LifeHaven Sunday Night Dinner

*LifeHaven provides short-term transitional housing for up to six young women ages 16 and 17 and their children who are experiencing homelessness. LifeHaven provides a safe place where the mothers can work on life skills and develop a plan that will lead them toward stability for themselves and their children.*

### Meal Guidelines

- Meals should serve 8 adults. A complete meal should be provided, such as a main dish, a side dish, and a veggie or salad. Milk, bread, and/or dessert are optional but much appreciated.
- Meals should be completely prepared when dropped off with only heating necessary.
- Meals should be dropped off by 4:30 p.m. if ready to eat OR by 2:00 p.m. if cooking/re-heating is needed.
- You can deliver your food in disposable containers or you can ask to have your food transferred to LifeHaven dishes so you can take your containers back with you.
- Some girls may come from traditions that restrict eating pork, so in general, **avoiding pork dishes is recommended.**
- There is a volunteer sign-in sheet used by Lutheran Social Services to record your donation.

LifeHaven is located at 325 Jenks Avenue, St Paul. The phone number is 651-776-9805. When you arrive, ring the doorbell and a staff member will let you in.

Thank you so much for your meal donation!

*Not sure what to make? You do not need to be extravagant - the residents appreciate simple dishes such as those you probably make for your own families. Here are some meal ideas that we know they like - but feel free to be creative!*

### Meal Ideas

Fried chicken with mashed potatoes and gravy and a vegetable

Tacos with beans and/or Spanish rice

Hamburgers and potato salad or chips and fruit

Tater Tot casserole and a vegetable

Meatloaf with mashed potatoes and gravy and a vegetable BBQ beef on buns with corn on the cob and coleslaw Chicken or beef stir fry with rice and eggrolls

Homemade pizza and salad

Spaghetti with a meat sauce and salad and garlic bread Turkey tetrazzini and a vegetable

Meatballs on noodles with green bean casserole

Beef stew with biscuits

Any Mexican dish that isn't too spicy

Any African American dish

Contact Rosie Blanc at [rosie.blanc@lssmn.org](mailto:rosie.blanc@lssmn.org) or (651) 470-8801 with any questions or concerns.