

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, fresh fruit, 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, but not necessary.
- 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. Please call ahead to let staff know when you're on your way. 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. **The girls' strongest request? LOTS of flavor, seasoning, and spicy heat!** Here are some meal ideas that we know they like - but feel free to be creative!*

Meal Ideas

Fried chicken with baked mac & cheese and greens or a veggie

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 (Spicy!)

Any African American dish (Soul Food)

Don't want to cook, but still interested in offering support? Take-out donations also feel special & are appreciated. Some ideas of what the girls like are KFC, Popeyes, Chipotle, and, of course, pizza or subs.

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