

MAKE A MEAL for SUNDAY EVENING



-Helping youth experiencing homelessness create a brighter future-

LifeHaven provides housing & support to young women who are pregnant or parenting in a home setting. **LifeHaven** is currently home to six mothers, six children, and one baby on the way. In the next few months three families will be transitioning to new housing and three new youth will be moving in!

**If you would like to provide a Sunday evening meal for LifeHaven residents, please call Khaliya at 612-346-1323 to schedule. **

Meal guidelines

- *Please provide a main dish and veggie or salad for 8 adults. Milk, bread, fresh fruit or dessert are optional, but much appreciated.
- *Drop off dinner by 4:30pm if ready to eat OR by 2:00pm if heating up meal is needed.
- * 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
- *You may deliver food in disposable containers, or you can ask to have food transferred to LifeHaven dishes so you can take your containers back with you.
- *Some residents may come from traditions that restrict eating pork, so avoiding pork dishes is recommended.

Not sure what to make?

Meals do not need to be extravagant-LH residents appreciate simple dishes such as those you probably make for your own families. The girl's strongest request? LOTS of flavor, seasoning, & spicy heat!

Meal Ideas (here are some meals we know they like-but feel free to be creative!)

- Fried chicken with baked mac & cheese and salad or veggie
- Tacos with beans &/or Spanish rice
- Hamburgers & potato salad or chips & fruit
- Tater Tot casserole and a vegetable
- Meatloaf with mashed potatoes, gravy, and a veggie
- BBQ beef on buns with corn on cob and coleslaw
- chicken or beef stir fry with rice and egg rolls
- homemade pizza & salad
- spaghetti with meat sauce, salad, & garlic bread
- Beef stew & biscuits
- any Mexican dish
- any African American dish (soul food)
- Take out donations also feel special & are appreciated. Some favorites: KFC, Popeyes, Chipotle, and, of course, pizza or subs.