

LIFEHAVEN TRANSITIONAL LIVING

Grocery Donation List



LifeHaven provides short-term transitional housing, life skills classes, and parenting support for young women, ages 16 and 17 and their children, who are experiencing homelessness.

While staying at LifeHaven, youth develop skills related to nutrition, health and wellness through meal planning and preparation. Donations of the items below support these efforts and are appreciated.

Groceries:

- Fresh fruit (bananas, apples, oranges, strawberries, grapes, cherries, watermelon)
- Sliced bread (wheat or white)
- Bagels (plain or cinnamon raisin)
- Lunch meat (turkey, ham or chicken)
- Sliced cheese (colby jack, cheddar or pepper jack)
- Cream cheese (plain, garden vegetable or strawberry)
- French vanilla creamer (liquid only)
- Chips
- Cookies
- Granola bars
- Frozen breakfast sandwiches
- Frozen pizza
- Frozen waffles or pancakes
- Vegetables (carrots, broccoli, green beans, bell peppers, lettuce, onions, potatoes or tomatoes)
- Pasta sauces
- Macaroni & cheese
- Salad kits
- Chicken breasts or drumsticks
- Ground beef
- Shrimp
- Juice
- Milk (2% or whole)

Household Supplies:

- Toilet paper
- Paper towels
- Facial tissue
- Bleach
- Pine-Sol®
- Lysol® spray
- All-purpose spray
- Disinfectant wipes
- Toilet bowl cleaner
- Swiffer® wet pads
- Trash bags (for kitchen and bathroom)
- Dish soap
- Sponges
- Dish rags

Thank you for your generosity!

If you have any questions, please call

651.776.9805

or email MetroHomelessYouth@lssmn.org

lssmn.org/LifeHaven

