

# Make A Meal

METRO HOMELESS YOUTH SERVICES

Support youth in our programs with a home-cooked or take-out meal! Youth are busy going to school, working, parenting, and creating plans towards stability and independence. Meals are greatly appreciated!

## Meal Guidelines

- An in-kind donation form should be completed with an employee during drop off.
- Beverages, 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 2:30 p.m. if reheating is needed.
- Meals should serve eight adults. A complete meal includes a main dish, side dish and a vegetable. Please do not include pork products due to dietary restrictions.
- Disposable containers are preferred, or you can ask to have your food transferred into the services' dishes so you can take your containers with you.



## Meal Ideas

**Not sure what to make? No need to be extravagant – residents appreciate simple dishes (and please remember, no pork products). The residents' most common request? LOTS of flavor, seasoning, and spicy heat! Here are some meal ideas they like – but feel free to be creative!**

- BBQ beef, BBQ chicken or Philly cheese steak sliders with corn on the cob and coleslaw.
- Beef stew with biscuits or cornbread.
- Chicken or beef stir fry with rice and egg rolls.
- Chili with biscuits or cornbread.
- Fried chicken with baked macaroni & cheese and greens.
- Hamburgers, potato salad or chips and fruit.
- Homemade pizza, buffalo wings and salad.
- Meatloaf with mashed potatoes, gravy and a vegetable.
- Spaghetti or lasagna with a meat sauce, salad and garlic bread.
- Tacos or enchiladas with beans and Spanish rice.
- Take-out donations are also appreciated and make the youth feel special! Some ideas include KFC®, Popeyes, Chipotle, chinese food, pizza or sub sandwiches.

## LOCATION/DROP-OFF

### LifeHaven

is located at  
**325 Jenks Avenue  
Saint Paul, MN 55130  
651.776.9805**

### Safe House

is located at  
**1696 Dayton Avenue  
Saint Paul, MN 55104  
651.644.3446**

### Rezek House

is located at  
**501 North Asbury Street  
Saint Paul, MN 55104  
651.644.7739**



Please call us on the drop-off day to let us know you're on your way. When you arrive, ring the doorbell, and an employee will let you in.

**Thank you so much for your meal donation!**

## Questions?

Please email  
**MetroHomelessYouth**  
**@lssmn.org**