

LIFEHAVEN TRANSITIONAL LIVING

Make A Meal

LifeHaven Transitional Living provides short-term transitional housing for young women, ages 16 and 17 and their children, who are experiencing homelessness. We offer 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. Make a positive impact on mothers and their children by donating your time and skills to make a meal for them!

Meal Guidelines

- Meals should serve eight adults. A complete meal includes a main dish, side dish and a vegetable.
- 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.
- 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 with you.
- An in-kind donation form should be completed with a LifeHaven employee during drop off.



Meal Ideas

Not sure what to make? No need to be extravagant — LifeHaven residents appreciate simple dishes. 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!

- Fried chicken with baked macaroni & cheese and greens.
- Tacos or enchiladas with beans and Spanish rice.
- Hamburgers, potato salad or chips and fruit.
- Meatloaf with mashed potatoes, gravy and a vegetable.
- BBQ beef, BBQ chicken or Philly cheese steak sliders with corn on the cob and coleslaw.
- Chicken or beef stir fry with rice and egg rolls.
- Homemade pizza, buffalo wings and salad.
- Spaghetti or lasagna with a meat sauce, salad and garlic bread.
- Beef stew with biscuits or cornbread.
- Chili with biscuits or cornbread.

Don't want to cook, but still interested in offering support?

Take-out donations are also appreciated and make the moms and children 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



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!

If you have any questions, please call

651.776.9805

or email

MetroHomelessYouth
@lssmn.org

lssmn.org/LifeHaven

