



SHELTER | PREVENTION | HOUSING

The mission of BEDS Plus Care is to help vulnerable individuals stabilize their lives through housing and supportive services.

Starting mid-March 2020, BEDS Plus implemented an emergency response to COVID19. From March 19 through July 31, BEDS delivered:

- 37,518 meals
- 12,506 nights of shelter
- to 234 shelter guests and another 100 housed clients in need of food support

BEDS continues to shelter homeless clients in motel rooms. Families are sheltered in apartments leased by BEDS Plus.

We need your help to provide 80-100 meals daily.

- **Sign up for the BEDS Plus Meal Train**
- **Donate shelf stable meals (not frozen or refrigerated)**
- **Donate grocery and fast food gift cards**
- **Deliver meals to clients – “Knock & Drop”**



BEDS Plus is presently providing 900 individual meals a week to people who are homeless or at risk of losing their home, including many families with children.

On any given day we are providing meals for 80 to 100 individuals and families, sheltering in motel rooms, bridge apartment units, and settling into new housing. Since our COVID19 emergency response began in mid-March, we have provided over 29,000 meals – most of them donated by people like you and area restaurants. You can help in the following ways:

- Prepare Meals
- Donate Shelf Stable Meals
- Donate gift cards for meals
- Deliver meals to clients

Prepare Meals

Prepare and deliver 40 or 20 meals to BEDS Plus headquarters at 9601 Ogden Avenue, La Grange, by 11:30 am, Monday thru Friday. Meals must be individually packed before delivery. BEDS has individual meal containers for pick up, if needed. Suggested meals include: wraps, tacos, bbq chicken, spaghetti meatballs, chicken sandwiches, stew, Italian beef, chili. Another option is to purchase 20 or 40 meals from any fast food restaurant, including chicken strips, hot dogs, burgers with fries.

Shelf Stable Meals

Purchase and donate shelf stable meals, such as Hormel Compleats; Instant Mac and Cheese in bowls White Chicken and or Tuna flavored in pouches (Tuna creations/chicken Creations) Chef Boyardee pasta in microwaveable bowls Fruit cups Small bottled drinks/water/juice soda Breakfast Bars Individual chips and cereal. Nothing that needs to be frozen or refrigerated, please!

Meal Gift Cards

Purchase and donate gift cards that can be used to purchase groceries or meals, such as Jewel, Walmart, Jimmy Johns, Subway, McDonalds and many more!

Deliver Meals

Volunteer for “Knock-and-Drop” meal delivery to motel-based shelter clients.

For more information contact Flo Brieitbarth at breitbarth@beds-plus.org or 708-654-0858 and ask for Flo.

To learn more about how BEDS Plus is responding to COVID19, go to: <https://beds-plus.org/urgent-updates/>