



Metro Homeless Youth Programs Safe House Monday/Tuesday Meal Suggestions

Safe House is a 30-day emergency shelter for homeless youth ages 16-20. The shelter has six beds available and is open from 8 p.m. to 9 a.m. Safe House provides youth with a friendly, safe environment where youth living on the streets can begin the road to healthy, productive lives. Upon entering Safe House, youth are given access to basic needs such as meals and showers and are settled in their living space. After that, youth advocates work with the youth to develop trust, case plans and provide advocacy and independent living skills education.

- Meals should be able to feed around 8 people. Meals containing a main dish and a side dish are appreciated. 1% or 2% milk, juice and dessert are also appreciated. Please keep in mind that our youth do not seem to like hot-dish like meals.
- Meals should be completely prepared when dropped off with only heating necessary. Meals that are easily heated up in individual servings (verses the entire container) are appreciated.
- Meals should be dropped off around **6:30pm**. Please drop the meal off on the back porch; please feel free to knock loudly to see if staff is available, otherwise please leave the meal on the porch if you do not want to knock or staff do not come to the door. Please remember that staff can get busy fielding the many phone calls we get for shelter. Safe House is located at 1696 Dayton Ave., St. Paul 55104. The phone number is 651-644-3446. If you are coming from I-94, take the Snelling Avenue exit and head south on Snelling, take a right on Dayton and the house (it is blue) will be a few blocks down on your left.
- **Please fill out the Monday/Tuesday Meal Donation Tracking form located to the right of the back door every time you drop off a meal.** It really helps us track volunteer hours and numbers!

If you would like to donate a meal on a night other than your congregation’s regular night or if you have questions, please contact Anna Meyer, Volunteer Specialist for the Metro Homeless Youth Programs at 651-470-8801 or ameyer@lssmn.org. You can call or email Kelly Wolf, Program Manager, to see if any residents have food allergies, etc. at kelly.wolf@lssmn.org cell: 651-408-2667. shelter: 651-644-3446

Main Dish Suggestions

Cheeseburgers
Chilidogs with fixings
Hot dogs/Bratwursts
Pizza
Tacos or Burritos Enchiladas
or Tostadas

Sub style sandwiches
Spaghetti or Pasta dishes
Lasagna
Chicken breasts
Fried chicken
Chicken wings

Ham
Roast beef
Pork chops
Stews or Soups
Stir Fry
Sloppy Joes

Side Dish Suggestions

Mashed potatoes
Baked potatoes with fixings
Macaroni and cheese
Fresh vegetables
Fresh Fruit

Salad
Rice dishes
Wild rice
Garlic Bread
Cooked vegetables

Sweet potatoes
Cooked greens
Potato salad
Dinner rolls/Buns

Thank you so much for your meal donation!