

RRUUC Shelter Week: March 26 – April 1, 2017

During Shelter Week the RRUUC congregation provides a week of meals (3 meals a day) for 35 women living at the Interfaith Works Women's Center (formerly Wilkins Avenue Women's Assessment Center), a Rockville homeless shelter.

- Interfaith Works is a non-profit coalition of more than 165 diverse congregations working together to help the poor and homeless in Montgomery County (iworksmc.org).
- The Rockville shelter connects its residents with housing, health care, and social services to promote self-sufficiency.
- This year Beth Chai will partner with us to provide food for the shelter.

What can I do?

- Provide various parts of a dinner (entrée, vegetable, salad, bread, dessert), breakfast food, or bag lunches. See below for **Meal Guidance**.
- Take the food to the shelter one night and help serve it. See below for **Server Guidance**.
- Supply staples such as paper goods, laundry detergent, milk, juice, and coffee.

Who can help?

- People of all ages – alone or in groups!
- Last year RRUUC religious education classes, small groups, scout troops, families, and friends enjoyed working together to provide food for the shelter.
- With adult supervision, youth can help deliver and serve the evening meals.
- SSL hours can be earned.

When do I sign up? Now!

- **Access ACS** to sign up online.
- Sign up in the Fellowship Hall after each service on every Sunday in March.

Where is the shelter located?

- The shelter has a NEW location: 2 Taft Court, Suite B, Rockville, MD 20850 (lower level of building, around the back). Parking is available. See below for **Directions to the Shelter**.

Questions?

- Send an email to shelterweek@rruuc.org.
- Telephone either of the Shelter Week co-chairs: Jenny Sour (240-441-8029) or Cynthia Green (301-654-4085).

RRUUC Shelter Week: Meal Guidance

Food for your assigned day **must be dropped off at the RRUUC kitchen by 5pm** of your assigned day. Dinner food will be served that evening; breakfast food and bag lunches will be used the **next** day.

- Perishable food that is dropped off early can be stored in one of the RRUUC kitchen refrigerators (labeled Shelter Week); nonperishable items can be placed on the counter next to the refrigerator.
- You may deliver your food directly to the shelter on your assigned day (food can be dropped off during the day but must arrive at the shelter by 6 p.m.), but please let us know so we won't wait at RRUUC for the food.
- **Please label your food “Shelter Week” and include your name and sign-up day.**

The shelter has no cooking facilities, only a microwave for reheating (there is no cooktop and no oven at the shelter). Food must come fully cooked. Use disposable containers; we cannot guarantee that dishes will come back. The shelter has plenty of containers to use in reheating and serving food.

What is needed for Breakfast?

- Breakfast food for about 25 people.
- Examples: individual oatmeal packets, healthy muffins, frozen waffles or pancakes, hard-boiled eggs, fruit (bananas, grapes, oranges, etc.).
- Please, no dry cereal (the shelter has plenty), no poppy seeds, no pastries, no bagels as they can be difficult to chew.
- Milk, orange juice, and coffee are provided separately – NO need to duplicate.

What is needed for Lunch?

- Bag lunches for 30 people.
- What to pack: sandwiches (whole wheat or whole grain bread, please); celery or carrot sticks and fruit; a small bag of chips or pretzels or a small dessert are appreciated (drinks will be provided separately). Do not use condiments.
 - Cheese and lunchmeat are best; residents get too much peanut butter.
 - Make one-third meatless and mark them.
 - Place 2 sandwiches in about ½ of the bags.
- Lunches can be refrigerated overnight, but not after the next morning. Prepare items that will be safe without refrigeration after taken by the residents, who leave at 7am.
- PLEASE put all the ingredients together in 30 separate bags. Do NOT include a package of bags and parts. The staff and residents do not have time to put lunches together.

What is needed for Dinner?

- Parts of dinner for about 40 people (35 or so residents plus staff and servers).
 - You can choose what to sign up for: an entrée for 25, salad for 25, vegetable for 20, rolls for 20, or dessert for 20.
 - Each night we will provide two entrees, at least one vegetarian.
- Entrée ideas include: meatloaf, sloppy joes, shepherd's pie, chicken and rice, chile, hearty soups, tacos with fixings, whole chickens pre-roasted or BBQ'd, pulled roast turkey, original non-Italian casseroles. Please avoid pasta.
- Remember, food must come cooked. Please, not too spicy!

RRUUC Shelter Week: Server Guidance

What do Servers do?

- Each night 4-5 people help serve the evening meal at the shelter. Youth may assist; no small children, please.
- At least 2 of those servers also transport the food to the shelter that night. These servers arrive at RRUUC around 5:00 p.m. to collect and load food. A volunteer “door captain” will be at RRUUC to provide assistance – you are not alone!
- If you are going directly to the shelter, you must be at the shelter by 6 p.m. Please let us know so that we can ensure that at least 2 servers are available to transport food from RRUUC.
- At the shelter, store lunches and breakfast items for use the next day (most will need refrigeration).
- Heat evening items as needed and serve dinner between 6:30 and 6:45 p.m. (residents will eat in two shifts as the kitchen/dining area is small).
 - Plates and utensils will be at the shelter.
 - After serving, interact with the residents as you choose. Throw away used paper products and clean all serving areas. The shelter residents will load the dishwasher and wash any utensils or serving plates that have been used. They will also clean the floors and tables.

RRUUC serving duties are usually completed by 8 p.m. Please schedule your evening so that you can stay until this time.

DIRECTIONS to Interfaith Works Women's Shelter from RRUUC

Address: 2 Taft Court, Rockville, MD 20850

Phone: 301-770-2413

Here is one route from RRUUC:

- Turn right onto River Road toward the Beltway/Route 495
- Go 1.74 miles and take the first exit for Route 495 North toward Frederick/Baltimore
- Merge onto Route 495, and move left as you are able (1.29 miles)
- Keep left to take I-270 Spur North; go 2.29 miles on I-270
- Merge right and take the Montrose exit 4A after 1.16 miles
- Keep left to take Tower Oaks Boulevard ramp in 0.16 miles
- Turn left onto Tower Oaks Boulevard in 0.26 miles
- Turn right onto Wootton Parkway in 0.64 miles; in 1.36 miles Wootton Parkway becomes 1st St., which in 0.54 miles becomes Norbeck Road, Route MD 28. (In other words, keep going straight until you see the traffic light to turn left on East Gude Drive.)
- In 0.58 miles, turn left onto East Gude Drive
- In 0.34 miles, turn right onto Taft Court
- Bear right at the sign for 2 Taft Court. Pass the Hope Veterinary Center. Continue down the hill, bear left at the back of the building, and the Women's Shelter is on your left on the side of the building. Park near the glass doors and go inside. This door is before you come to Sniffer's Doggie Retreat.

Alternative Route from RRUUC (avoids the highways):

- Turn right onto River Road toward the Beltway/Route 495
- Pass the exits for Route 495, then turn right on Seven Locks Road.
- Stay on Seven Locks Road for 5.3 miles.
- Turn right onto Wootton Parkway. After 1.8 miles it becomes 1st Street, and then Norbeck Road after 0.2 miles.
- Turn left on to East Gude Drive and drive for 0.2 miles.
- Turn right on Taft Court. Follow directions above to the Women's Shelter.

