

RRUUC SHELTER WEEK

(March 21-26, 2021)

Volunteer Guidance for:

- * ***Dinner Entrée for 15***
- * ***Hot Vegetables for 20***
- * ***Green Salad for 25***

Please cook **TWO pans of food**. Use disposable foil pans, available at most grocery stores. Each pan should be about **13" x 9"**. (Please no bigger.) Cooking two pans of food ensures that your dinner entrée or vegetable dish will be enough to feed the group.

Before transporting, cover each pan tightly with aluminum foil. Use a black permanent marker to write on the aluminum foil:

- Shelter Week
- your name and assigned day
- the name of your dinner (and if possible, the main ingredients)
- Label the first pan #1 and the second pan #2

The dinner or hot vegetables for your assigned day **must be delivered to the RRUUC outdoor drop-off table between 3 and 5 p.m. on your assigned day**. It will be served that evening.

- You may also deliver the food directly to the Shelter on your assigned day (*but please be sure to let the Shelter Week chairs know ahead of time, so we don't wait at RRUUC for your food*). The food can be dropped off at the Shelter as early as 8 am, but must arrive there by 6 p.m on your assigned day. (Shelter address is below.)
- Food must come fully cooked, because the shelter has no cooking facilities.

What should I make for Dinner for 15 / Hot vegetables for 20?

- Each night we will provide three dinner entrées (two meat or fish and one vegetarian). Here are some suggestions:

- Meat entrée: (roasted and/or baked chicken, beef dish, ham, chicken and rice, pulled roast turkey, meatloaf, non-Italian casseroles. Please no pasta. *Please not too spicy.*)
- Seafood entrée: (salmon, tilapia, shrimp)
- Vegetarian entrée: (baked tofu and vegetable casserole, eggplant parmesan, sweet potato black bean enchiladas, stir-fried tofu with rice, lentil casserole with mushrooms)
- **Hot vegetables for 20:** roasted root vegetables, garlic parmesan roasted broccoli, green beans with lemon, sautéed zucchini and onions, cooked carrots, mixed vegetables.

Green Salad for 25:

If you have volunteered to make a dinner salad, please provide enough to ensure that your salad will feed 25 people. No need to provide salad dressing. **If you're rushed for time, you can simply buy 3 packages (16 oz. each) of pre-washed mixed greens. (Total: 3 lbs.)**

Your salad can be made with lettuce, mixed greens or chopped cabbage, homemade or store-bought. It could include romaine, iceberg, Bibb, Boston, spinach, arugula, baby greens, chopped kale, loose-leaf lettuce, etc.

There is no need to get fancy. But if you like, additions could be mixed in or provided on the side. Toppings could include croutons, toasted pumpkin seeds, or chopped raw vegetables (e.g. bell peppers, shredded carrots, broccoli, mushrooms, cucumbers, grape tomatoes).

Please put your salad in a disposable container(s) and cover tightly. Mark with your name, your assigned day, and the words "Shelter Week salad." Your salad **must be delivered to the RRUUC outdoor drop-off table between 3 and 5 p.m. on your assigned day**. It will be served that evening. You can also deliver the salad directly to the shelter on your assigned day, but it must arrive by 6 p.m.

Thank you for your generosity. It's greatly appreciated.

***As one of the Shelter residents said last year,
"Boy, those Unitarians sure can cook!"***

**Address of Interfaith Works Women's Shelter:
2 Taft Court, Suite 100
Rockville, MD 20850
(301) 770-2413 (ext. 0)**