

RRUUC SHELTER WEEK

(March 19 - 24, 2023)

Volunteer Guidance for:

- * **Dinner Entrée for 15**
- * **Hot Vegetables for 20**
- * **Pre-packaged bags of Salad (4) and tomatoes**

FOR THE DINNER & HOT VEGETABLES: 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 and no smaller.) Cooking two big 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.

FOR THE SALAD: Please buy at least **four pre-packaged bags of salad (total of 40 oz. or more) and two pints of cherry or grape tomatoes.** (The Shelter no longer accepts large containers of Spring Mix.)

The Shelter asks that all four of the pre-packaged bags of salad contain some carrots, which the residents love!

Pre-packaged bags of salad usually contain 8 to 11 oz. of salad per bag. Please make sure that the four bags of salad you provide a total of at least 40 ounces of salad. Feel free to buy four bags of the exact same salad or four different salads.

Please put into a bag::

* the FOUR pre-packaged bags of salad (each bag containing some carrots)

* the TWO one-pint plastic containers of cherry or grape tomatoes

Please mark the bag 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,
"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)**