

RRUUC SHELTER WEEK

(March 17 - 22, 2024)

Volunteer Guidance for:

* Dinner Entrée for 15

* Hot Vegetables for 20

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" x 4"**. (Please no smaller.)

Cooking in pans with a **4 inch depth** ensures that your dinner entrée or vegetable dish will be enough to feed the group. Food must be fully cooked, because the Shelter has no cooking facilities.

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 the dish and the 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 3:30 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.)

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.

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

(As one of the Shelter residents said, "Boy, those Unitarians sure can cook!")

Interfaith Works Women's Shelter: 2 Taft Court, Suite 100, Rockville, MD 20850

Phone number: (301) 770-2413 (ext. 0)

