

# Grocery Donation Wishlist

METRO HOMELESS YOUTH SERVICES

Keeping our kitchens stocked with necessities is a great way to support the youth we serve! Plus, while participating in our services, youth develop skills related to nutrition, health and wellness through meal planning and preparation. Thanks for partnering with us to support young people in living full and abundant lives.

## Groceries:

- Bagels (plain or cinnamon raisin)
- Chicken breasts or drumsticks
- Chips
- Cookies
- Cream cheese (plain, garden vegetable or strawberry)
- Fresh fruit (bananas, apples, oranges, strawberries, grapes, cherries, watermelon)
- Frozen breakfast sandwiches
- Frozen pizza
- Frozen waffles or pancakes
- Granola bars
- Ground beef or turkey
- Juice
- Lunch meat (turkey, ham or chicken)
- Macaroni & cheese
- Milk (2% or whole)
- Pasta and pasta sauces
- Pop
- Salad kits
- Sliced bread (wheat or white)
- Sliced cheese (Colby jack, cheddar or pepper jack)
- Vegetables (carrots, broccoli, green beans, bell peppers, lettuce, onions, potatoes or tomatoes)

## Household Supplies:

- All-purpose cleaner/spray
- Bleach
- Dish cloths
- Dish soap
- Disinfectant spray/wipes
- Facial tissue
- Household cleaner
- Paper towels
- Sponges
- Sweeping/mopping wet pads
- Toilet bowl cleaner
- Toilet paper
- Trash bags (for kitchen and bathroom)

## Location/Drop-Off Information

Please contact us at [metrohomelessyouth@lssmn.org](mailto:metrohomelessyouth@lssmn.org) to identify which service is most in need at the time or you may schedule directly with one of our services if you have a partnership developed. Business hours are preferred to be sure employees are available to receive any items. Please be sure to call prior to coming. Items are greatly appreciated at the following service sites:

**LifeHaven** provides short-term transitional housing for women, ages 16 and 17 and their children, who are experiencing homelessness.

**325 Jenks Avenue  
Saint Paul, MN 55130  
651.776.9805**

**Safe House** is an emergency shelter for youth experiencing homelessness who are ages 16-20.

**1696 Dayton Avenue  
Saint Paul, MN 55104  
651.644.3446**

**Rezek House** is a two-year transitional housing program for youth experiencing homelessness, ages 16-21, offering efficiency apartment units, a drop-in center and resource hub.

**501 North Asbury Street  
Saint Paul, MN 55104  
651.644.7739**

**Transitional Living Project (TLP)** is a supportive program for youth experiencing homelessness, ages 18-24, who are ready to start living in their own apartment in the community, while receiving ongoing support.

**501 North Asbury Street  
Saint Paul, MN 55104  
651.644.7739**

