

Dear meal provider,

Thank you for volunteering to prepare an evening meal for the Grace and Peace Women's Shelter. The following information will hopefully give a clear picture of what to bring, where to bring it, and what your time at the shelter will be like.

Please plan to bring enough food for 23 adults. This includes the shelter guests and three food servers for that evening. If you plan to serve and eat at the shelter, please bring according to the extra persons you bring. The meal should be anything that you like to make and should be well balanced and nutritious. Soups and casseroles are fine if you include large quantities of vegetables and protein. Meats, potatoes, rice, and any vegetables served as separate dishes are fine. Meals that include bread and deserts are appreciated. Drinks are not needed as we always have coffee and tea but special drinks are welcome. To be honest the food that the women gravitate towards are comfort foods. Please do not fry everything but also steer clear of the Ethnic food that the women are not used to. **Ranch** dressing is a favorite for salads, there is usually Italian dressing left over at the end of the season. The extras of the meal that can be used will be given to the women for lunch the next day. **Milk and fruit** are welcome extras also.

If you like you can bring your meals in disposable containers so that you do not need to retrieve your dishes. If you do leave your dishes please make sure that they are well marked so that we can set them aside from the Grace and Peace dishes.

You should plan to arrive with your meal no later than 6:45p.m. on your designated day. You can bring it as early as 6:15 p.m.: we have the facilities to keep it warm until dinnertime. Please bring the meal to the Clara entrance. Please ring the doorbell when you arrive and someone will come and let you in. The street address is 622 Clara. Please honor the handicap parking as you park along the street. Map is on the back.

Thank you again and I look forward to working with you.

Sincerely,  
T. R.

From **West County**, take I-64/40 to McCausland exit. Turn left (north). McCausland's name will change to Skinker. Pass the large Amoco sign that is at the Clayton intersection continue north and follow the directions below.

From **East of Skinker** Ave. take I-64/40 to Clayton/Sinker exit. Turn right (north) onto Skinker and follow the directions below.

Continue north on Skinker to **Lindell**. Take a right or go east onto Lindell. There is no light at this intersection. Lindell is the right immediately after Forsyth. It is also directly across from the Washington University Campus. East on Lindell until **DeBalivier** which is the intersection in front of the Missouri History Museum. Take a left (north). Take a right (east) at the first light which is **Pershing**. Go one block and turn left (north) on **Clara**. Grace and Peace is on the right just before the gate at Delmar.

