

"A Safe Space to Land" Recipes

Our shelter is providing a safe space for families to land until they find a new home. On their first day with us, moms and dads often have no idea what they are coming into. They may not have even eaten yet that day. Having a quick bag with some essential items can help the transition and ease some stress. Often when a parent comes in for an intake, their kids are with them. These bags provide them with a drink, snack, and some activities to do during the meeting. We have also included some items that may have gotten lost during the housing crisis with the hope of making this an easier transition.

Mom/Adult:

- Water bottle
- Trail mix/granola bar
- Notebook
- Pen



Baby 0-3 years old:

- Snack
- Water bottle or sippy cup
- Diapers
- Wipes
- Stuffed animal
- Storybook
- Pacifier
- Night light



Child 3-10 years old:

- Water/Juice
- Night light
- Snack
- Book or small toy
- Coloring or activity book
- Crayons

