



Educate • Advocate • End Abuse



Cooks Wanted to make Dinner for our Safe House Families and Groups Welcome!

Monday through Thursday evenings - Dinner served at 6:00 pm
Due to size limitations, groups should be no more than 6 people
Plan to cook for 40 people (including children)

You can be creative but make sure meals meet minimum nutritional requirements and include at least one item from the following food groups:

Grains: (rice, wheat, tortillas, bread, pasta, oats, barley, cornmeal, etc.)

Protein: (meat, poultry, seafood, eggs, soy based products, beans, etc.)

Vegetable: (raw, cooked, canned, frozen, fresh, etc.).

Fruit: (fresh, frozen, dried, canned fruit, applesauce, fruit juice, etc.)

Dairy: (milk, cheese, yogurt, ice cream, etc.)

Please contact Mindy McIntosh to reserve your date!

mindym@safeberks.org or call 484.869.5293.



SAFE Berks
255 Chestnut Street, Reading, PA 19602
www.safeberks.org
Domestic & Sexual Violence Info, Referral & Support
24-Hour Hotline (Toll Free) 844-789-SAFE
or text SAFE BERKS to 20121

