

Daily Meals

Breakfast:

This is provided by the hotel. Usually this is served buffet style in the main dining hall of the hotel. Typically, hotel patrons will be given dated tickets for each breakfast of their stay. You will need to turn in that ticket when you arrive at the dining hall for breakfast. The dining hall will probably open around 7am; however check with your Mission Trip Leader to confirm. If you plan on not using your ticket, let the Mission Trip Leader know as there may be a translator that would enjoy meeting us for breakfast!

Lunch:

This meal is on your own, but you will eat as a group in a place decided by the group. Typically ministry teams will be away from the hotel and close to their ministry site when it's time for lunch. Russian Café's or other places are good for eating lunch. Please see the Restaurant Matrix document (chapter 5) for a detailed description of places, menu items, cost, and location where previous teams have enjoyed a meal in St. Petersburg.

Dinner:

Dinner may be in the hotel or in the city. Russian Café's or nicer restaurants located around Neviski Prospect are available. Please refer to the Restaurant Matrix (chapter 5) for more information. On one evening during the week, trip participants will eat in the home of a Russian church member or translator. An offering of \$5 per person will be given to the host of the dinner.

Snacks:

Prepackaged snacks are available at Kiosks on the streets in the city and typically near metro stations that include; Candy bars, M&M's, bottled water (ask for "No Gas"), soda, chips, gum, and other items. The ice cream vendors sell even when it's cold outside and it's delicious! Russian chocolate is also a nice gift to eat, take home, or give to a new friend!

Things to Stay Away From:

1. Raw fruits or vegetables washed in the local water.
2. Leafy lettuce.
3. Water that is un-bottled or hasn't been boiled
4. Eating at kiosks on the streets
5. Drinking tap water

Things That Are Usually OK:

1. Hot Tea, Coffee, or Soup (the water has been boiled)
2. Bottled Drinks
3. Bananas and Oranges
4. Salads that have been prepared with non-leafy lettuce
5. Un-bottled Milk and Juice in restaurants