



FOOD PROGRAMS

Hours:

Monday - Thursday 10:00 a.m. – 4:00 p.m.
Friday CLOSED

Horarios:

Lunes - Jueves 10:00 a.m. – 4:00 p.m.
Viernes CERRADO

Saacadaha:

Isniin - Khamiis 10:00 ilaa 4:00
Jimce MA FURNA

Sij hawm:

Hnub Monday - Hnub Thursday 10 a.m. - 4
p.m.
Hnub Friday KAW (tsis qhib)

This institution is an equal opportunity provider.

FOOD PROGRAMS

If you are sick, please send someone to pick up food for you.

Masks are not currently required at this location. If you need a mask, just ask!

- **Food Shelf:**
 - o An ID is helpful but not required.
 - o You may visit once per calendar month –anytime during a month.
 - o Items include meat, dairy, bread, dry goods, hygiene, cleaning supplies and more.
- **Daily Express Mart:**
 - o You may visit once per day, Monday, Tuesday, Wednesday, Thursday 10:00 a.m. to 4:00 p.m.
 - o Free fruit, vegetables, salads, and deli items
 - o No registration, no paperwork
- **Parent Support:**
 - o Breastmilk – Pasteurized donor human milk for infants 0-6 weeks old
 - o Baby food, formula, diapers (supplies vary)
- **Nutrition Assistance Program for Seniors** (NAPS or “the senior box”).
 - o Eligibility: at least 60 years old & 130% Federal Poverty Guidelines.
 - o To apply, call Second Harvest (800)365-0270.
- **Free Fresh Food Fridays** - Summer Outdoor Distribution:
 - o May – September, rain or shine
 - o Free fruits and vegetables
 - o Tables and booths of community resources
- **Resources:**
 - o For information on COVID-19 vaccinations and other programs at Northpoint Health & Wellness Center call (612)767-9500 or visit www.northpointhealth.org.