



**FOOD PROGRAMS**

**Food Shelf 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 )*

## **FOOD PROGRAMS**

***If you are sick, you must stay home.*** You can send someone to pick up food for you.

To keep all of us safe, we will give you a pre-packed box of food with some choices.

Masks are required. If you don't have one, we will give you one.

We will distribute order forms, and then bring your pre-packed box of food outside.

We appreciate your assistance, patience, and cooperation!

- **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, and other food, hygiene, cleaning supplies and more. Pet food available upon request.
- **Parent Support:**
  - o Breastmilk – Pasteurized donor human milk for infants
  - o Baby food, formula, diapers (supply varies)
- **Mini-Market**, parking lot at 1835 Penn Avenue North
  - o Free fruit, vegetables, salads, and deli items
  - o Tuesday & Thursday 9:00 a.m.
  - o No registration, no paperwork
- **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 Fruits & vegetables at Plymouth/Oliver, 2<sup>nd</sup> & 4<sup>th</sup> Fridays 9:30 a.m.  
May – September, rain or shine
- **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](http://www.northpointhealth.org).