

South St. Paul FOOD CALENDAR 2019-20

July 19						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 19						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 19						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 19						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 19						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 19						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 20						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 20						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 20						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 20						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 20						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 20						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

FREE SUMMER MEALS

Open to ALL Children
Ages 1-18
Monday – Thursday

SSP Secondary Kaposia & Lincoln Center
June 11-August 8 July 17-August 15
Breakfast: 7:45-9:00 Breakfast: 8:15-9:15
Lunch: 11:30-1:00 Lunch: 11:15-1:00
(Closed July 1-July 4)

FREE FOOD DISTRIBUTIONS

Sponsored by Neighbors, Inc & Second Harvest

Kaposia Education Ctr
1225 2nd Ave. So
South St. Paul, MN 55075
4:00 - 6:00 pm

Open to ALL SSPPS
Enrolled Students and Families

FREE AFTER SCHOOL SUPER SNACK

Open to ALL Children
Ages 1-18
Monday – Friday
School Year 2019-20

SSP Secondary Cafeteria:
2:30-4:30 pm

NEIGHBORS, INC

Food Shelf – FREE
Open Mon - Fri
8:45 am - 3:30 pm
Eligible Residents
No. Dakota Co.

NAPS: Nutrition Assistance for Seniors
10 am - 12 pm – FREE
Qualifying Seniors
651-484-8241

Fare For All

Reduced Price Food
4 - 6 pm
One Tuesday/Month
Central Square
Open to Community

SSP Farmers' Market

Weds: 2-6 pm
June 26 – Sept 25
12th & Southview
EBT & WIC
GOING GREEN!

SUMMER EATS-LOCATE MEALS

TEXT: "Summer Meals" to 97779
Or download FREE app from
app store on your smartphone.
Search "Summer Eats Minnesota"



FOOD DISTRIBUTIONS AT KAPOSIA FOR ALL SSPPS DISTRICT PROGRAMS

Thanks to our partnership with Neighbors, Inc. & Second Harvest Heartland, we can continue to offer FREE food to any family with students enrolled in the SSP Schools, ages birth to ABE. There are no income guidelines or registration required. Food distributions offer dry goods such as cereal, rice, pasta, peanut butter, canned chicken, tuna, and soup. Also available, fresh fruit, vegetables, bread milk and much more. These opportunities are one way SSPPS helps our families stretch their food dollars and ensure their children are well fed and ready to learn.

For additional information, contact:

Kaposia
651-451-9260

Lincoln Center
651-457-9426

Secondary Building
651-457-9408

CLC
651-306-3666

SSP Community Education (ABE)
651-306-3632



The **Summer Food Service Program (SFSP)** was established to ensure that children continue to receive nutritious meals when school is not in session.
www.summerfood.usda.gov



After School Super Snack
Available for all children ages 1-18
Come to the Secondary Building Cafeteria for your free meal!
Monday through Friday 2:30-4:30 p.m.



Neighbors, Inc.
222 Grand Avenue West
South Saint Paul, MN 55075
651-455-5000

Neighbors is a non-profit, social-service agency that provides food, clothing, transportation and financial assistance to residents of Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale.

Food Shelf: M-F
8:45 a.m. - 12:15 p.m. & 1:00 - 3:30 p.m.

NAPS: Nutrition Assistance Program for Seniors – FREE for qualifying senior citizens.
For more information, call 651-484-8241.

www.neighborsmn.org

Fare For All

is open to everyone, at community-supported locations across Minnesota.



Save up to 40% on groceries

Are you looking for a way to stretch your grocery dollar and to help others at the same time?

Fare For All in South St. Paul
Central Square Community Center

763-450-3880
www.fareforall.org

Find us at www.facebook.com/fareforall



Fare For All is a program of the Food Group.

Once per month on Tuesdays:
4:00 – 6:00 p.m.

SSP Central Square Community Center
100 7th Avenue North
South St. Paul, MN 55075

South St. Paul Farmers' Market



12th & Southview
Wakota Credit Union
Parking Lot
GOING GREEN
Bring your own bag!
WEDNESDAYS
June 24 - Sept 25, 2019
2:00 - 6:00 p.m.

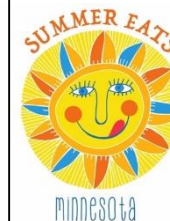


Serves **FREE**
Hot Meals

River Heights Vineyard Church
6070 Cahill Ave E, IGH
Monday - Thursday
5:30 - 6:30 p.m.

St. Matthew's
510 Hall Ave, St. Paul
Monday – Friday
5:00 – 6:00 p.m.

FREE MEALS ALL SUMMER LONG!



- ① How it works:
1. Download the free Summer Eats Minnesota app to your cell
 2. Use app to find nearest site serving meals by GPS
 3. Kids just show up and eat

www.summereatsmn.org