

**MEALS ON WHEELS IS IN NEED OF VOLUNTEERS FOR
Quad Cities and Aurora/Hoyt Lakes Areas**



Volunteers are needed Monday-Friday. Even one day a month can make a difference!! For more information, contact Tiffany at 218-735-6899.



**Volunteer Shoppers
Needed in the
Quad City Area**

Shop for and deliver groceries or make calls to take grocery orders. Flexible weekly or monthly opportunities. Help seniors in your community!

Get Involved Today!

Contact Dicie @

218-735-6899

Many Minnesota families face difficult times. If you or someone you know is having a hard time affording food, the Supplemental Nutrition Assistance Program (SNAP) can help you buy food while budgets are tight. SNAP offers monthly benefits loaded on an Electronic Benefits Transfer (EBT) card, which works similarly to a debit card.

This card can be used to buy groceries at authorized stores and retailers. You can go to MNFoodHelper.org to connect with a SNAP specialist in your county. If you prefer to connect by phone for assistance, you can call the MN Food Help Line at 1-888-711-1151. To connect with AEOA directly, please email snap@aeoa.org with your name, phone, email, and county of residence, or by phone 218-410-0005.

