



NORTHPOINT

Health & Wellness Center, Inc.

About NorthPoint's Community Food Shelf

For over thirty years the Community Food Shelf at NorthPoint Health & Wellness Center, Inc. has been available to those in need. NorthPoint's mission is "partnering to create a healthier community", and meeting basic needs for food is the first step towards health for all. To further our mission of improving the health of our clients we only purchase and stock wholesome, nutritious foods in the food shelf. To make the food shelf experience more comfortable for clients, foods are displayed in a grocery store format, allowing visitors to select the items they need and prefer. NorthPoint also goes beyond providing food and basic needs—we work with clients to achieve self-sufficiency. At the food shelf, this means that clients learn about preparing nutritious foods, budgeting their food dollar and shopping for value.

Mobile Food Program

Two year ago, NorthPoint launched its Mobile Food Marketplace Program to help bring healthy nutritious foods, including fresh fruits and vegetables along with meat and dairy, directly to individuals, particularly home bound elderly residents and people with physical challenges. This program is different than most other mobile food programs because it utilizes a wellness team approach. In addition to the food provided, a Community Health Worker (CHW) also accompanies the food shelf delivery staff and provides free health screenings (blood pressure) and other supports to residents on site.

Who We Serve

Each year, the food shelf provides food for nearly 30,000 people—many are working families who simply do not earn enough to purchase all of the food they need. Over forty percent of NorthPoint's clients have incomes at or below poverty while another 33 percent have incomes that are still too low to meet basic needs. A large number of NorthPoint's food shelf clients have diabetes, hypertension or other chronic health issues. NorthPoint works diligently to make sure that our foods meet the dietary needs of people with special health needs as well as diverse families with ethnic and/or religious food preferences/needs.

Food Shelf Services

- **Supplemental Food Supply:** Visitors can receive a 3 to 4-day supply of food every thirty days. Foods available include canned goods, meat, dairy, rice, beans and pasta, bread and other staple items.
- **Non-food Items/Baby Supplies:** Baby supplies and hygiene products are distributed when available.
- **Fruit and Vegetable Distributions:** NorthPoint distributes fresh fruits and vegetables free to the general community every other Friday morning (May – August), and as available throughout the year.
- **Nutrition and Health Education:** Visitors are offered point-of-contact nutrition education, along with cooking demonstrations, information on exercise, food budgeting and grocery shopping.
- **Connecting with Resources:** All clients receiving food assistance also have the option of receiving support from a NorthPoint navigator who in addition to addressing their immediate food insecurity issue, can also connect them with other community resources and services that best allows the individual and their family to attain self sufficiency.

How You Can Help

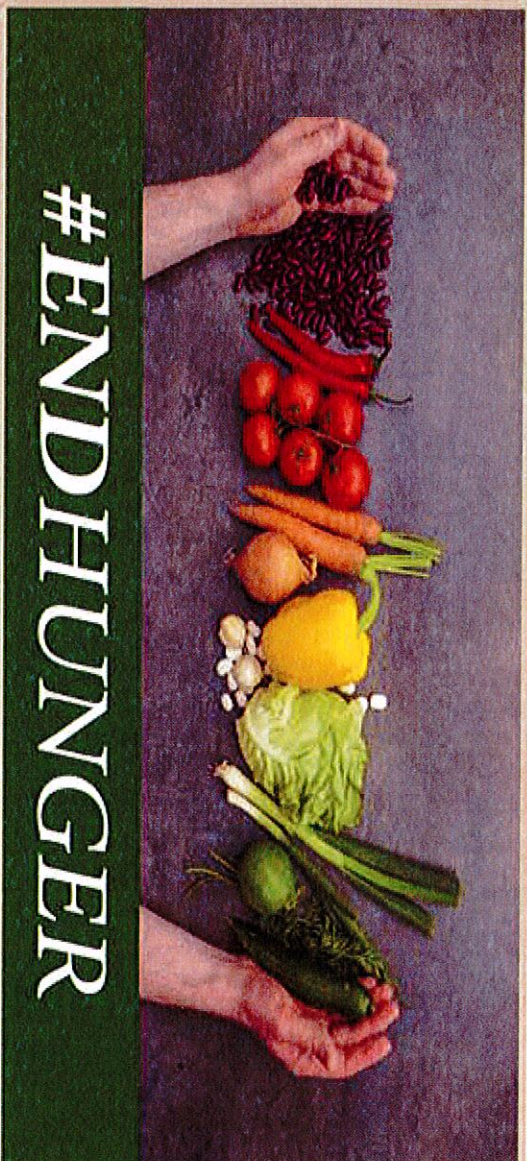
- **Cash Donations:** One hundred percent of cash donations are used to purchase food items at cooperative prices from local food banks. Simply mail a check to **NorthPoint Food Shelf**, 1315 Penn Avenue North, Minneapolis, MN 55411. Donations by credit card can be made online at www.northpointhealth.org.
- **Donations of Food:** Most needed foods include: Tuna & Canned Meat, Canned Fruits & Vegetables, Peanut Butter and Unsweetened Applesauce, Beans, Rice and Pasta, Soups and Stew, 100% Fruit Juice, Oatmeal and Whole Grain Cereals

NorthPoint Health & Wellness Center, Inc. is a 501© (3) non-profit and all contributions are tax deductible to the full extent of the law.

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www.northpointhealth.org



The ability to end hunger is in our hands. Contribute to NorthPoint's Community Food Shelf and help us support more than 5,000 families facing hunger.



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#SQUASHHUNGER

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STRETCH YOUR DONATION



Your \$10

Your food shelf's \$10

Food shelves can **STRETCH** cash donations further than donations of food because of their access to discount products and programs. Help us feed more Minnesota families by donating cash to your local food shelf today.

Minnesota
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March Campaign