



FREE Healthy Meals Available

Thanks to a grant from Second Harvest Heartland and the Minnesota Department of Agriculture, LSS Meals is providing free community meals.



Who is Eligible?

Anyone in Minnesota, who is 18 years or older and in need of nutrition can receive bundles of ten meals at each pick-up event on a first-come, first-served basis. You can also pick up meals for others in your household.

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About the Meals

The homestyle meals are produced at a local LSS Meals kitchen and individually portioned with a balance of proteins, carbohydrates and spices to taste great. They will be sealed and given out in reusable bags.

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About LSS Meals

LSS Meals is a service of Lutheran Social Service of Minnesota. Our meals are designed by a licensed, registered dietitian to ensure they are healthy and nutritious.

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DATE: _____

TIME: _____

LOCATION: _____

If you have questions, please contact:

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