



# 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.

## 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.

## 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.

DATE: Tuesday Jan. 17th, Feb. 21st, and Mar. 21st

TIME: 3:00pm

LOCATION: Eagle Lake City Hall 705 Parkway Ave

### If you have questions, please contact:

 Samantha Travaille

 1-218-304-2026

 Samantha.Travaille@lssmn.org