

TEAM CEAP VOLUNTEER VOICE



SUMMER IS ON ITS WAY!

As summer nears, please take a moment to check your calendars and let your program manager know if you have any vacations or other scheduling changes.

We also encourage you to look at VolunteerMatters and see whether you can pick up any additional shifts as your fellow volunteers take time off to enjoy the summer!



UPCOMING HOLIDAYS

CEAP will be closed on the following days in observance of federal holidays and to allow Team CEAP some well-deserved time off!

- Monday, May 27: Memorial Day
- Thursday, July 4 and Friday, July 5: Fourth of July

YOUR IMPACT

In the first three months of 2024, your hands of support...

Welcomed

4,220 families
to CEAP's Food Market

Delivered

12,476 meals
to our homebound neighbors

Shared

536,500 pounds of food
with our community



SUMMER KICK-OFF - SAVE THE DATE!



Tuesday, June 4 | 5pm-7pm
Utepils Brewing Co.

225 N Thomas Ave, Minneapolis

Make a food or fund donation and...

- Receive a free beverage (first 20 donors)
- Receive an extra meat raffle ticket (all donors!)

CEAP will receive \$1 from every beverage purchased using our coupons (provided at event)!

Silent auction 5pm-6pm, meat raffle 6pm-8pm!

Auction items include a bundle from Utepils, Target Center tickets, Minnesota State Fair tickets, local business gift cards, and more!

VOLUNTEER OPPORTUNITIES

Farm Fresh Fest

Save the date for Farm Fresh Fest, CEAP's free outdoor produce market and community celebration. This program will take place on Wednesdays from 3pm-5pm from July 10 through August 28. Produce packing will be 12:30-2:30pm and distribution shifts will be 2:30pm-5:30pm. Shifts are now live in VolunteerMatters! You are welcome to sign up even if it shows that a shift is full - we need all the hands of support we can get!



CEAP At Your Step



CEAP is excited to offer a new volunteer opportunity that can complement your existing service – you can even do both in the same day! CEAP At Your Step delivers groceries to our neighbors who face mobility, financial, or other challenges that prevent them from visiting the grocery store of CEAP's Food Market. Participants receive groceries delivered to their homes 1-2 times per month on Tuesday afternoons. Many CEAP At Your Step participants also participate in Meals on Wheels, and the delivery and wellness check process is the same for both programs!

Are you able to double down on your commitment to growing a stronger community together by creating better access to nutritious food and community connection for even more neighbors? Please contact alyssa.rehr@ceap.com or (763) 450-3675 to learn more or sign up!

VOLUNTEER SPOTLIGHT

This month, we are spotlighting Meals on Wheels driver Jim Southwell through our #TheExtraMile campaign! Jim consistently goes above and beyond to make sure our neighbors are cared for.

This spring, Jim has returned after his route to remove a participant's broken storm door and given an 82-year old Food Market participant a ride home when he saw her walking during a snow storm. Thank for always going the extra mile, Jim!



Have you or a fellow Meals on Wheels volunteer gone #TheExtraMile for our neighbors? We'd love to hear about it! Stop by Katrina's office or contact her at katrina.culler@ceap.com or (763) 450-3678 to share your story.

INSIDE BRIAN'S BRAIN



CEAP is committed to providing the highest-quality items available to our neighbors. If you would not be pleased to receive an item at a grocery store, it should not go in CEAP Essentials grocery orders. Hospitality volunteers, please double-check produce before it goes out!

The following items should always be thrown away:

- Outdated deli, dairy, and packaged produce
- Broken packages
- Over ripened, bruised, moldy, or damaged produce

When in doubt, throw it out!