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| |  |  | | --- | --- | | |  | | --- | | https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/Growing-A-Stronger-Community-White.jpg | | | |  | | --- | | **CEAP Scoop - January 2016** | | | |  | | --- | | **Monthly Newsletter** | | | |
| |  |  | | --- | --- | | |  | | --- | | **Volunteer at CEAP**  CEAP is looking for volunteers to help at our Brooklyn Center and Blaine offices. We have opportunities in our food room as a food sorter, food stocker, in our thrift store and in our Meals on Wheels program. [Check out all our opportunities](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587200&Href=http%3A%2F%2Fwww.ceap.org%2Fvolunteer%2Fvolunteer-opportunities%2F).  **Here are some great reasons to volunteer at CEAP.**  **It’s good for you.** Volunteering can help reduce stress and studies have shown that it can improve moods leading to happier, healthier lives.  **It’s good for the community.** As a volunteer you help support families, reduce hunger and help grow a stronger community.  **It saves on resources.** CEAP couldn’t operate without volunteers. Volunteers allow CEAP to use our resources wisely and focus on programming to get families on the path out of poverty.  **It can help you advance your career.** Volunteering can develop new organizational and people skills and build your network.  **It’s great for teambuilding.** Volunteering as a team develops communication skills and advocates working together to accomplish a task. Bring your family, coworkers or friends.  **You can meet new people.** Volunteering is a great opportunity to find like-minded individuals working for a cause.  **It’s your chance to give back.**  This is your chance to help someone in need.  [Volunteer now at CEAP](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587201&Href=https%3A%2F%2Fwww.volgistics.com%2Fex%2Fportal.dll%2Fap%3Fap%3D2062273676).    [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/Volunteers-(2).jpg](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587200&Href=http%3A%2F%2Fwww.ceap.org%2Fvolunteer%2Fvolunteer-opportunities%2F) | | | |  | | --- | |  | | | |  | | --- | | **Bountiful Baskets is Back for 2016**  Another fresh produce option at CEAP! Bountiful Baskets is a not-for-profit food co-op for families that want to have more fresh produce for less money. CEAP is a distribution center every other Friday afternoon. [Check it out here](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587202&Href=https%3A%2F%2Fcontributions4.bountifulbaskets.org%2F).  [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/bountiful.jpg](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587202&Href=https%3A%2F%2Fcontributions4.bountifulbaskets.org%2F) | | | |  | | --- | |  | | | |  | | --- | | **Health Corner**  Store Food Safely: Learn how to store food safely and extend the life of fresh produce. Storing food safely and effectively cuts down on food waste and can protect from food borne illness.  [Check out CEAP's Health Focus to learn more.](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587203&Href=http%3A%2F%2Fwww.ceap.org%2Fservices%2Fhealth-focus%2F)  [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/January-Nudging-Bars-3.jpg](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587203&Href=http%3A%2F%2Fwww.ceap.org%2Fservices%2Fhealth-focus%2F) | | | |  | | --- | |  | | | |  | | --- | | **Meals for Minds**  "It's really rewarding to give food directly into the hands of kids." Meals for Minds volunteer.  Join CEAP for our Meals for Minds program - distributing food at two local elementary schools: Zanewood Community School and Garden City Elementary. [Click here for dates and times.](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587204&Href=http%3A%2F%2Fwww.ceap.org%2Fwp-content%2Fuploads%2F2013%2F06%2FMeals-for-Minds-Volunteer-Flyer-2015-20161.pdf)  https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/50_-Meals-for-Minds.jpg | | | |  | | --- | |  | | | |  | | --- | | **Upcoming Events**  January 15 and 29 - Bountiful Baskets Distribution  January 18 - CEAP offices closed in observance of Martin Luther King Jr Day  January 19 and 21 - Meals for Minds | | | |  |  | | --- | --- | | |  | | --- | | **Volunteer Spotlight**  Mike White has been volunteering at CEAP since 2012.  He initially wanted to help out in our food room from Thanksgiving through the holidays but realized the need is ongoing and he decided to stay volunteering!  Mike says the best thing about volunteering at CEAP is that the work is local. "You can actually see the people you help and you get to know your neighbors".  When asked what he would say to a person thinking of volunteering, Mike says, "Give it a try. Give it some time. If one area of volunteering doesn't work out, there's always something else. You'll find that you will benefit more than you think."  https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/Mike-White-Centerpoint-Check-(3)-web.jpg  Mike White, pictured with a donation check from Centerpoint Energy, Linda Kirkendall, Meals on Wheels Coordinator and other Meals on Wheels volunteers. | | | |  | | --- | |  | | | |  | | --- | | **Turning Leaf Thrift Store**  Turning Leaf Thrift Store is now open inside CEAP's Brooklyn Center office! Check out great items for men, women, and children, including accessories, suits, dresses, linens, and more. Find high-quality items at prices that can't be beat! Open M-F 9am-4pm. Located inside CEAP's Brooklyn Center office inside the Northwest Family Service Center.  Now introducing 50% Off Fridays.  Certain items will be 50% off every Friday.  Look for updates on [Facebook](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587205&Href=https%3A%2F%2Fwww.facebook.com%2FCEAP.MN%3Fref%3Dhl), [Twitter](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587206&Href=https%3A%2F%2Ftwitter.com%2FCEAP_MN) and our [website.](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587207&Href=http%3A%2F%2Fwww.ceap.org%2F)  [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/Turning-Leaf-Thrift-Store-Logo-FINAL-(Small).jpg](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587208&Href=http%3A%2F%2Fwww.ceap.org%2Fservices%2Ffamily-services%2Fthrift-store%2F) | | | |  | | --- | |  | | | |  | | --- | | **Minnesota Hunger Initiative**  We are not alone in reducing hunger and providing independence.  Check out the [Minnesota Hunger Initiative](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587209&Href=http%3A%2F%2Fmnhungerinitiative.org%2F). The Minnesota Hunger Initiative is a group of leaders with a common mission: to increase the effectiveness of the hunger relief system throughout Minnesota through collaboration. All of our Minnesota Hunger Initiative Partners work hard each day to reduce and end hunger in Minnesota, with generous help from many engaged individuals.  The Minnesota Hunger Initiative is partnering with the [Taste of the NFL to Kick Hunger Challenge. Help support CEAP and the Minnesota Hunger Initiative.](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587210&Href=http%3A%2F%2Fwww.tasteofthenfl.com%2F_blog%2FTNFL_News%2Fpost%2Fkick-hunger-challenge-2013%2F)  [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/MinnesotaHungerInitiative.png](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587210&Href=http%3A%2F%2Fwww.tasteofthenfl.com%2F_blog%2FTNFL_News%2Fpost%2Fkick-hunger-challenge-2013%2F) | | | |  | | --- | |  | | | |  | | --- | | **CEAP is Growing a Stronger Community**  CEAP provides vital basic needs programs that support parents and children in this community. We offer food, Meals on Wheels, homelessness prevention assistance, resources, referrals, and clothes to families in crisis that don’t have anywhere else to turn. Your support is needed to continue these basic needs programs.  [Give now!](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587211&Href=https%3A%2F%2Fwww.ceap.org%2Fdonate%2F) Your gift helps thousands of local families work their way back to a place of stability and independence. Your generosity makes a difference for families in need today and every day.  [https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/Give-Now-Button.png](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587212&Href=https%3A%2F%2Fwww.ceap.org%2Fdonate%2Fdonate-money%2F) | | | |  | | --- | |  | | | |  | | --- | | https://s3-us-west-2.amazonaws.com/bloomerang-public-cdn/communityemergencyassistanceprogram/CEAP-Logo-CMYK-Web.jpg[www.ceap.com](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587213&Href=http%3A%2F%2Fwww.ceap.com) | | |
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| |  | | --- | | **Our Contact Information** Community Emergency Assistance Programs (CEAP) 7051 Brooklyn Blvd Brooklyn Center, MN 55429 763-566-9600 [www.ceap.org](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/Click/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176&LinkId=1587214&Href=www.ceap.org)  [Unsubscribe](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/EditSubscriptions/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176) | [Manage email preferences](https://crm.bloomerang.co/Mailing/Email/RecipientPortal/EditSubscriptions/28533/?OrganizationId=f2be5bb4-0b9d-11e5-bba1-0ad83c6949df&MailingId=1586176)  [Fundraising Marketing Powered By BloomerangFundraising Marketing Powered By Bloomerang](http://www.bloomerang.co/) | | |