

# Growing A Stronger Community

## CEAP Scoop - July 2015

### Open Your Hearts - Challenge Yourself to End Hunger

Every summer, some kids are not excited to be out of school. For them, summer means no more lunches. Sometimes it means no more breakfasts. And for parents, summer means having to stretch their dollar even more. And for CEAP, summer means a busy time of year. CEAP's food shelf visits go up 25% during the summer for ages 5-18.

Over 350,000 children in Minnesota receive free or reduced breakfasts or lunches during the school year. Hunger doesn't take a vacation. Accept the 2015 Food Shelf Challenge from Open Your Heart to the Hungry and Homeless and CEAP this July.

This challenge, and CEAP's participation in it, brings increased awareness of childhood hunger during summer months, and raises additional dollars for those served by our food shelves this season.

### #SummerChallenge

Watch CEAP's Facebook and Twitter for our #SummerChallenge as staff, volunteers, participants, colleagues all share why Summer Hunger is important.



Our participation, and yours, means the more money CEAP raises in July the larger our portion of the \$150,000 Open Your Heart Challenge Grant. Your donation will go farther due to our buying power. We can purchase food from our food bank for pennies on the pound.

Without YOU, we couldn't feed children in our neighborhood this summer. Open your heart, help a hungry neighbor today by making a donation. Together we can grow a stronger community!

## Turning Leaf Thrift Store is Open

Help turn a new leaf. Out with the old and in with the new. Turning Leaf Thrift Store has affordable pricing to help get that new outfit or one-of-a-kind find. And 100% of the revenue goes to support CEAP's programs like CEAP's Food Market, CEAP's Meals on Wheels and more.

Turning Leaf Thrift Store is open Monday - Friday, 9am - 4pm at CEAP's Brooklyn Center location at 7051 Brooklyn Blvd. Come check us out and see what you can find.

We are looking for volunteers to help run our thrift store. Shifts are 9am - 12:30pm and 12:30pm - 4pm. Apply or find out more information [here](#).



## CEAP T-Shirts For Sale

You know you want one. CEAP t-shirts are for sale in the Turning Leaf Thrift Store for \$15. Buy yours today.



## Supplies for Success

Even though it seems like school just got out, CEAP is gearing up for the upcoming school year.

You can help neighborhood kids succeed this school year by donating school supplies to CEAP. Check out our **most needed items list** and donate by August 10, 2015.

## We have openings for volunteers

If you are interested in volunteering at CEAP, we have openings!

**FOOD ROOM** - CEAP's food room relies on a steady supply of fresh produce, meat, dairy and non-perishable food items from our donors and suppliers. Volunteers keep our food room fresh, clean, organized and stocked.

**MEALS ON WHEELS** - this program provides hot, nutritious meals to local seniors and we're in need of volunteer drivers to deliver meals and develop connections with those in need.

**FAMILY SERVICES ASSISTANT**- Family service volunteers are the face of CEAP. Volunteers work with clients and assist with services.

**THRIFT STORE MERCHANDISER**- Sort clothing donations, ensure the Thrift Store is stocked, clean and ready for customers to shop.

It's easy to get started: Apply online, call 763-450-3679 or email [volunteer@ceap.com](mailto:volunteer@ceap.com).

## Walk A Mile For Our Neighbors - Sunday July 26

Come to Silverwood Park (at Cty Rd E and Silver Lake Rd) between 10am and 2pm to join hundreds of walkers from many local churches and the community. You simply check in and walk around the park --- as far as you wish!

For every mile walked, \$10 moves from a Challenge Grant to prevent homelessness right here in our community.

Back to school



Want to get your organization involved this year? Host a drive or volunteer as a group. Contact [info@CEAP.com](mailto:info@CEAP.com) or call **763-450-3664** to schedule your volunteer group or donation bin drop-off.

## Health Corner

Farmers Markets: Summer is the perfect time to explore your local farmers markets. Minnesota alone has over 150! Farmers markets support local farmers and sustainable agriculture, provide you with fresh and wholesome produce, and even better, farmers market prices are often better than store prices. Many markets also offer fresh bread and baked goods, meats, jams, and more.

Help families get fresh produce. You can donate fruits

The walk is a fundraiser for the Community Support Center (CSC). The CSC gives direct aid to families, refers families to services, and meets with them over weeks or months to help stabilize their situations and prevent future crises.

and vegetables from your own garden.



## Upcoming Events

July 3 - CEAP is closed in observance of Independence Day

July 14 & 16 - Atlas Staffing will be in CEAP's lobby setting up interviews

July 15 - Access Wireless will be in CEAP's lobby enrolling for the Lifeline Program

July 17 & 31 - Bountiful Baskets Distribution

July 26 - Walk A Mile for Our Neighbors

July 30 - Chef John Politte will be doing a cooking demonstration in CEAP's lobby

August 4 - National Night Out - join us as we celebrate our community

## Thank You!

You are the reason CEAP can grow a stronger community.

### Our Contact Information

Community Emergency Assistance Program (CEAP)  
7051 Brooklyn Blvd  
Brooklyn Center, MN 55429  
763-566-9600  
[www.ceap.org](http://www.ceap.org)

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