

# NUTRITION & COOKING MADE EASY WITH CATHOLIC CHARITIES FROZEN MEALS

## DISTRIBUTIONS IN YOUR AREA



### Braham Area Food Shelf

Braham Event Center parking lot  
655 8<sup>th</sup> St. SW  
Braham, MN 55006  
1pm-2pm  
February 15, 2022  
Distributions are the 3<sup>rd</sup> Tuesday of  
the month.

### Next Distribution:

**March 15<sup>th</sup>, 2022**  
1pm-2pm

Please call:  
320-229-4574 for more  
Information.

- \*Meals are healthy & nutritious.
- \*Meet 1/3 of the recommended daily allowance for seniors.
- \*Packaged in microwave and oven safe containers.
- \*Easy to heat and eat.
- \*Meals are not diet specific but are prepared with no salt.

*We are unable to accept cash donations. Check or credit card contributions are accepted.*

\*To contribute with a check, please mail to: Catholic Charities, Attn: Senior Dining Meals, 911 18<sup>th</sup> St N, St. Cloud, MN 56303.

\*To make a donation online, go to [www.ccstcloud.org](http://www.ccstcloud.org) and click on top of the screen ONLINE BILL PAY, choose SENIOR DINING for the Service/Program and complete.

\*Or to contribute using a credit card, call 320-229-4584



Catholic Charities serves and enhances human dignity for people of all faiths and beliefs

*No One is denied a meal based upon their ability to contribute. Contributions are accepted but not expected. Any contributions received are private & confidential.*



## Eligibility

- Participants must be 60 +
- No income guidelines for eligibility
- An annual registration form must be filled out at the distribution.
- Food comes in pre-packaged bags of 5 or 10 meals. You can receive up to 30 meals *in a month*.

Partially funded under a contract with the Central Minnesota Council on Aging as part of the Older Americans Act and administered by Catholic Charities of the Diocese of Saint Cloud. Catholic Charities is an Equal Opportunity Employer and Service Provider. Employment, services, volunteer opportunities, and internships are available to all persons regardless of race, color, religion, national origin, sex, marital status, sexual orientation, public assistance, status, disability, or age. This commitment reflects our belief that all persons are created equal in the eyes of God and the ethical principle of the fundamental dignity of each person.