

5 Meals for Families

grocery program



786 Enfield Street
Enfield, CT 06082

Get **\$150** worth
of groceries with recipes*
from Enfield Food Shelf and other partners

* This is a one time opportunity. Please, if you are questioning if your family qualifies, do not hesitate to call and find out!



Inflation has working families stretched so thin that a single unexpected event such as a *broken-down car* or *sudden illness*, could be the difference **between food on the table or going hungry**. Our caring staff at the **Enfield Food Shelf (EFS)** has proven that **seeking food assistance during a time of financial crisis** can make a **big difference in recovering**. We recognize the strain families are faced with and want **families to experience EFS food assistance in the easiest way possible!**

This program aims to provide your household with \$150 worth of groceries! The groceries will be a combination of groceries from EFS and another local grocery store. The groceries your household receives will be based off of 5 healthy and nutritious dinner recipes (provided) which were developed by **UConn** dietitians!

QUALIFICATIONS:

- Enfield residents
- Children under 18
- Annual household income under 300% of federal guidelines
- Able to come into Enfield Food Shelf for 20 minutes for a tour and to receive educational materials (kids are welcome to attend the tour!).



**GROCERY PICK UP TIMES
MADE BY APPOINTMENT:
Call 860-741-7321**