



# WELCOME

## WE'RE GLAD YOU'RE HERE.

**Everyone needs help sometimes. You are not alone.** We serve anyone in need of food or clothing, and we have plenty to offer. If you are new to Valley Outreach, please know that our drive-up service model is different from our usual programming. In response to COVID-19, we're asking everyone to follow CDC and state social distancing guidelines and stay six feet apart from each other and wear masks. Need a mask? No problem. Just ask and we'll provide one.

**We are here to help**, please let our team know if you have any questions. We know systems for support can be complicated. We understand them and help you navigate them! You can also call **651-430-2739** if you have questions or need help accessing other resources. Leave a message with your name, number, and a member of the team will call you back when they receive your message.

**Thank you for coming today.**  
- *The Valley Outreach team*



## OUR SERVICES

### Food

Pick up a variety of products including fresh produce, deli items, milk, eggs, meat and packaged goods.

### Drive-up Food Distributions

- M/W/F - 9:30 to 11:30 a.m.
- T/Th - 4:30 to 6:30 p.m.

**Please come back for food as often as you need it.**

### Delivery is available.

Call **651-430-2739** to learn more or sign up online at [https://washcophe.formstack.com/forms/emergency\\_food\\_request](https://washcophe.formstack.com/forms/emergency_food_request)

### Clothing

Seasonal clothing for every member of the family is available.

A member of our team will take your order over the phone or share a link to a survey where you can submit your order. Call **651-430-2739** to learn more.

After you submit your order it will take 3-4 business days to fulfill. Pick up your order during our drive-up hours.

### Support Services

Need help navigating community resources?  
Assistance with applications?  
More in-depth support?  
Please let our team know.

Ask us about:

- Rental assistance
- Resources
- Utilities assistance
- Help with applications
- And more

Either call **651-430-2739** and leave your name, number and brief message or just let a member of our team know during drive-up hours.

# OTHER HELPFUL RESOURCES

If you have questions about the following resources, please call, leave your name, number, and a brief message, and a member of our team will call you back.  
**651-430-2739**

## FOOD

**Minnesota Food Helpline** – Call **1-888-711-1151** to get help finding free food resources. Over-the-phone interpreters are available. *Website: [www.hungersolutions.org](http://www.hungersolutions.org)*

**SNAP (Supplemental Nutrition Assistance Program)** – A government program that can help cover the cost of food. Get help applying from Second Harvest Heartland at **651-209-7963** *Website: [www.2harvest.org](http://www.2harvest.org)*

## ENERGY ASSISTANCE

Get help paying your energy bills through the **CAP Energy Assistance** program. Applications are available on their website, by phone at **651-645-6470** and via email at **EAPecaprw.org**.

You can also learn more online at [www.caprw.org/services/energy-food-housing/energy-assistance.html](http://www.caprw.org/services/energy-food-housing/energy-assistance.html).

## HEALTH INSURANCE

**Portico Health** – Get help accessing affordable insurance coverage and care with help from the nonprofit, Portico Healthnet. To schedule a phone appointment, or for any other questions, please call **651-489-2273**.

*Website: [www.porticohealthnet.org](http://www.porticohealthnet.org)*

## HOMELESS

**Washington County Homelessness Outreach Services Team (HOST)** – People experiencing homelessness can access services to assist them in becoming stably housed. **Call 651-430-6488**.

*Website: [www.co.washington.mn.us/2962/Homeless-Services](http://www.co.washington.mn.us/2962/Homeless-Services)*

## JOBS

**CareerForce** – Find places in Minnesota that are currently hiring, online resources for job placement and updates on unemployment insurance on the CareerForce website. *Website: [www.careerforcemn.com](http://www.careerforcemn.com)*

## LEGAL SUPPORT

**Southern Minnesota Regional Legal Services** – Get free legal help in a full range of civil matters from highly experienced and diverse staff dedicated to helping people preserve and maintain life essentials—income, health, safety, and shelter. *Website: <https://www.smrls.org/get-help>*

## FINANCIAL ASSISTANCE FOR RENT, MORTGAGE & UTILITIES

**Valley Outreach** – Please call our Client Support Services team, **651-430-2739**, for help accessing community funds and resources that help with rental assistance, mortgage assistance, and utilities. Our team can also help navigate other resources, too. *Website: [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)*

## CRISIS SUPPORT

**Washington County Crisis Response Unit** – Provides 24/7/365 mobile crisis mental health services for adults and children experiencing a crisis. Call **651-275-7400** or email [crisisresponse@co.washington.mn.us](mailto:crisisresponse@co.washington.mn.us)

*Website: [www.co.washington.mn.us/2923/Crisis-Response](http://www.co.washington.mn.us/2923/Crisis-Response)*

**Day One Services** – As champions for equality and human rights, the network of Day One works to ensure that no call for help goes unanswered so that all in need can find safety and support. Help is available to people experiencing domestic violence 24 hours a day, 7 days a week. Call **1-866-223-1111** or Text **612-399-9995**.

*Website: [www.dayoneservices.org](http://www.dayoneservices.org)*