



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 **Anoka Covenant Church 12:00-2:00 PM Anoka **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park	2 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley	3 Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Peace Lutheran Church (No Meals in July & Aug.) Mt. Olive Lutheran Church (No Meal Tonight) St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up **Wed. 5:00-6:30 PM Door3 Fridley Forest Hill United Methodist Church (No Meals in July & Aug.)	Independence Day 4 No Meals/Distributions Today	5 **St. Philip's Lutheran Church (No Distribution Today)	6 **Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park
7	8 **Anoka Covenant Church 12:00-2:00 PM Anoka **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park	9 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Way of the Lord Church 2:30-5:30 PM Blaine St. Timothy Lutheran Church 5:00-6:30 PM Drive Thru Columbia Heights **Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley	10 Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up **Wed. 5:00-6:30 PM Door 3 Fridley	11 **Hope Church 9:30 AM-5:00 PM Drive Thru Blaine **Faith Lutheran Church- The Harbor food shopping-free 3:00-5:00 PM RSVP (763)755-3530 Coon Rapids **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park Faith United Method Church 5:00 6:00 PM St. Amthony **Trinity Lutheran Church 5:00 7:00 PM Drive Thru St. Francis	12 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley	13 **Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park
14 **Spirit of Matthew 25 Distribution 12:00 2:00 PM Drive Thru Coon Rapids United Methodist Church Coon Rapids Servant of Christ Lutheran Church 5:00-5:30 PM Drive Thru only Champlin	15 **Anoka Covenant Church 12:00-2:00 PM Anoka **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park Redeemer Lutheran Church 5:45-6:30 PM Fridley	16 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley 	17 Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up **Wed. 5:00-6:30 PM Door 3 Fridley	18 **Hope Church 9:30 AM-5:00 PM Drive Thru Blaine **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park **Faith Lutheran Church- The Harbor food shopping-free 3:00-5:00 PM RSVP (763)755-3530 Coon Rapids	19 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley Glen Cary Lutheran Church 6:00-7:00 PM Ham Lake	20 **Forest Hill United Methodist Church 7-9:30 AM Drive Thru Forest Lake (\$25 donation) **Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park St. Stephen's Catholic Church 5:45-6:30 PM Anoka
21 Grace Lutheran Church 12:00 -1:00 PM Drive Thru or Dine In Andover	22 **Anoka Covenant Church 12:00-2:00 PM Anoka **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park	23 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Way of the Lord Church 2:30-5:30 PM Blaine **Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley	24 Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Mt. Olive Lutheran Church 5:30-6:15 PM. Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up **Wed. 5:00-6:30 PM Door 3 Fridley	25 **Hope Church 9:30 AM-5:00 PM Drive Thru Blaine **Faith Lutheran Church- The Harbor food shopping-free RSVP (763)755-3530 3:00-5:00 PM Coon Rapids **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park Unity North Spiritual Center 5:00-6:00 PM Drive Thru Coon Rapids **Trinity Lutheran Church 5:00 7:00 PM Drive Thru St. Francis	26 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Lord of Life Lutheran Church 4:30-6:00 PM Drive Thru Ramsey (Ruby's Pantry) (\$25 cash donation)	27 **Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park Fridley United Methodist Church 11:30 AM-12:30 PM Indoor Dining 12:00-12:30 Drive Thru Fridley
28	29 **Anoka Covenant Church 12:00-2:00 PM Anoka **Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park	30 **St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley **Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley	31 **Faith Lutheran Church- The Harbor food distribution 2:30-4:30 PM Drive Thru Coon Rapids Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up **Wed. 5:00-6:30 PM Door 3 Fridley	<p>During these times, we are grateful for these ministries that are helping with assistance. Community meals are open to everyone. Some Food Distributions may have restrictions. Please observe your residence boundary areas. Bring ID. Volunteers are always welcome. Contact any churches for opportunities. Monetary donations \$\$ welcomed at any site. (To defray expenses) Do not arrive too early. Thanks for being Patient! ♥ Blood Pressure taken by American Heart Association</p>		