



## Fresh and Healthy Food for Your and Your Family

We offer fresh, healthy food options in a welcoming space. You choose the foods that work best for you – *just like shopping!*

### Appointments:

<https://foodshelfces.timetap.com/#/scheduler>

Or scan:



### Food Shelf Hours (Appointment Only):

**Monday:** 1:00 PM – 4:00 PM

**Tuesday:** 1:00 PM – 4:00 PM

**Wednesday:** 1:00 PM – 6:00 PM

### Bonus Friday:

**Friday:** 1:00 PM – 2:30 PM

**No appointment needed!**

### Please Note:

- Visit the food market OR lockers once per month
- Bring your own bags
- Enjoy fresh, nutritious meals with CES!