

VEAP

About VEAP

VEAP operates the largest food pantry in the state of Minnesota. Every year, we distribute five million pounds of food to 250,000 people in the Twin Cities.

We offer access to fresh, nutritious foods and wrap-around social services. Our volunteer team of 1,700 people power 100% of our work in the community.

GET INVOLVED



- **Volunteer as an individual, group, or family.** We offer flexible options across the organization. Sign-up online.

- **Hold a food and fund drive.** Collect food in your neighborhood, faith community, or workplace. Details at veap.org



- **Do a cupboard sweep.** We accept non-expired, non-perishable items at Door 4 behind our building Monday - Thursday from 9:00 a.m.-4:30 p.m., or Friday 9:00 a.m.-Noon. No appointment needed!

- **Donate funds.** Every dollar donated allows us to buy three meals worth of food! Visit our website to get started!

9600 Aldrich Ave South,
Bloomington MN 55420
952-888-9616 veap.org

Questions? Email info@veap.org

VEAP

Express Packs

VEAP's Express Packs started due to a growing surge in participants visiting the food pantry without an appointment. Express packs provide shelf-stable food that will last 2-3 days.

WHO?

We offer Express Packs to our participants who may not have an appointment and are in need of immediate assistance.



WHAT?

Bags typically include:

- 2 cans: protein
- 1 can: fruit
- 1 can: vegetable
- Rice (brown preferred)
- Pasta (no mac & cheese)
- Pasta sauce

HOW?

We distribute 25-35 Express Packs *every single day* at VEAP so we truly rely on our community to support this special program!

Host an Express Pack assembly party with your workplace or civic engagement group.

Donate packs or stand-alone items at Door 4 behind our facility Monday - Thursday from 9:00 a.m. - 4:30 p.m., or Friday 9:00 a.m.-Noon.

