

EASTSIDE



Neighbors providing warm, nutritious meals to
residents of Northeast, Southeast & St. Anthony Village

612.277.2529 | eastsidemeals.org

August 2018



EMOW will be closed on Monday, September 3rd, for Labor Day. Your meals will be delivered on Friday, August 3rd.



Here is our awesome staff who keeps us running like a well-oiled machine! They are the table at our Indeed Brewing's Indeed we can! Event on May 23rd. From left to right Eileen, Jodi, Jessi and Randi

Upcoming Events



The Walk to End Hunger - The Walk to End Hunger is a family-friendly 5K fun walk held on Thanksgiving morning 7:00 am-10:00 am, in the Mall of America, is a great way to start your holiday off right- giving back before you give thanks! If you have questions, please contact the office @ (612) 277-2529 or visit http://www.walktoendhunger.org/site/TR/Events/General?fr_id=1110&pg=entry



Give to the Max Day – EMOW is seeking a volunteer who can help promote this event during the day on Thursday, November 15th. Promotions will be done via Facebook. If you have questions, please contact the office @ (612) 277-2529



Cub Foods Bagging –EMOW will be participating in a fundraising activity with Cub Food (Quarry location) in November. We will be assisting customers by bagging their groceries. You can help in two ways – shop for your holiday groceries on this day or by volunteering to be a 'bagger'. We appreciate all your support. If you have questions, please contact the office @ (612) 277-2529.



SAVE THE DATE – Thursday, September 20th will be our Annual Mission Nutrition Event. A number of our local restaurants will be donating a portion of the proceeds for the day. A list of the restaurants will be out soon. Mark the date on your calendar – date night, night out on the town...it will be a fun event.

Extreme Heat Tips from the Minnesota Department of Health

During periods of extreme heat, people can take certain precautions to prevent heat-related illnesses. The most important thing people can do to prevent illnesses from extreme heat is to stay cool and hydrated. The following are basic safety tips people can use during hot days to stay cool and hydrated. If you would like more information, visit the MDH Extreme Heat website at <http://www.health.state.mn.us/divs/climatechange/extremeheat.html>

When Indoors:

- Stay in cool places
- If you have an air conditioner at home, use it to keep your home cool
- If you must use fans, use them next to open windows
- Switch off electric light bulbs or other heat generating devices
- Keep window blinds and drapes closed to reduce heat and sun from entering your home
- Take frequent cold baths
- Visit air-conditioned places (e.g., malls, libraries) if your home is hot

When outdoors:

- Avoid direct sunlight
- Do not spend long periods of time outdoors, especially between 11 AM- 6 PM
- Stay in shaded areas as much as possible • Wear appropriate clothing (see clothing section)
- Drink water frequently
- Provide water and frequent breaks for outdoor workers
- Provide cool areas during breaks for outdoor workers
- Use relief workers or assign more staff to do more demanding outdoor work

Recent Events



Indeed We Can! Event was held on May 23rd. It was a great evening and we wanted to thank everyone for joining us. We raised over \$2,200!



Northeast Parade was June 19th. We had a number of volunteers march with us and it was a fun evening; we hope you saw us!

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Volunteer Appreciation!

Any day during the month of August, all volunteers are welcome to stop in and visit our newly remodeled kitchen, sign up for door prizes and local restaurant gift cards and enjoy an ice cream treat! Frequent drivers can sign up each time they drive!!! If you are unable to stop by at lunchtime, please call to let us know a different time of day that you are available. We are looking forward to seeing everyone who has volunteered with EMOW!!