

## INTRODUCING FARE FOR ALL EXPRESS

*Fare For All Express, a program of the Emergency Foodshelf Network, works with community partners to offer quality, affordable grocery packages each month.*

### **AFFORDABLE**

Through its volume-purchasing power, Fare For All Express is able to buy nutritious food at below-retail prices and pass on these savings to our participants.

### **ACCESSIBLE**

No pre-payment, or pre-registration is needed! **And there are no income restrictions for participating in the program.** Simply visit the location closest to you on the monthly distribution day to purchase grocery packages.

### **NUTRITIOUS**

Fare For All Express packages contain a variety of healthy, fresh, quality food items, including fruits, vegetables, frozen meats and staple items. **There is no limit to the number of packages that can be purchased each month!**

### **SERVING COMMUNITY**

In addition to great cost-savings on food purchases, Fare For All Express is also committed to improving local communities. We encourage participants to contribute two hours of volunteer service each month. In 2007, Fare For All participants gave 145,500 hours of time volunteering.



## FARE FOR ALL EXPRESS PACKAGES

Fare For All's most popular packages are coming to 411 Main Street! Purchase Regular, Meat Only and Vegetarian Packs at a savings of up to 30-50% off retail prices. These packages always contain a great variety of fresh produce and quality frozen meat items.

### **Regular Pack \$17**

The Regular Pack includes 4 or more fresh vegetable items, 2 or more fresh fruit items and 3-4 frozen meats.

### **Meat Only Pack \$12**

The Meat Only Pack contains 3-4 frozen meat items which *may* include poultry, beef, pork and fish.

### **Vegetarian Pack \$10**

The Vegetarian pack contains a generous amount of fresh fruits and vegetables, often accompanied by a dry food item such as rice, beans or pasta.

### **Monthly Special Price Varies**

Fare For All Express monthly specials are another great way to get more food for less! Watch for Mega Meat Packs, Grill Packs, Holiday Packs and more! Monthly specials are subject to availability.

\*Package contents subject to change.

## FARE FOR ALL EXPRESS INFORMATION

### **FARE FOR ALL EXPRESS PARTNERS**

Fare For All Express is partnering with 411 Main Street to bring this valuable program to you! No advance payment or pre-registration is needed to purchase packages on the dates listed on the back of this brochure. Look for us at other convenient community locations in the Twin Cities metro area.

### **ELIGIBILITY**

Fare For All Express is open to everyone! There are no income-based requirements for participation. **Participation in Fare For All Express does not affect your eligibility to receive food from the foodshelf.** Bring your family, friends and neighbors along, they can't afford to miss these great savings!

### **PAYMENT**

Come to 411 Main Street on any of the dates listed to purchase a package on the spot and take it home with you that day. Fare For All Express accepts cash, EBT cards, credit and debit cards. Payments will be verified immediately on location.



## HOW CAN I PARTICIPATE?

1. Visit Fare For All Express on the web at [www.fareforall.org](http://www.fareforall.org) or talk with Lynne Larkin-Wright at the Saint Paul Labor Studies and Resource Center to learn more. Contact her at 651-222-3787 extension 16.
2. Spend time volunteering in your community! Find something you enjoy doing—pitch in at a local school, church or other community organization, help your neighbors, friends and relatives. Report your estimated time spent when you pick up your packages each month.
3. Come to 411 Main Street on the dates listed on the back of the brochure to purchase Fare For All Express packages. Purchase packages with cash, EBT, credit or debit cards.
4. Return to 411 Main Street the following month for more great food at a great price!



## FARE FOR ALL EXPRESS

**Labor & Professional  
Centre  
411 Main Street  
St. Paul, MN 55102**

**Tuesdays  
11:00am-1:00pm**

### **2009 Dates**

**March 24  
April 21  
May 19  
June 23  
July 21  
August 25  
September 22  
October 20  
November 17  
December 15**

*Fare For All Express is a program of the  
Emergency Foodshelf Network*

*The Emergency Foodshelf Network is a nonprofit organization that collects, warehouses and distributes high quality food and essential support services to Minnesota hunger relief organizations.*

[www.emergencyfoodshelf.org](http://www.emergencyfoodshelf.org)



Emergency Foodshelf Network  
8501 54th Avenue North



**SAVE UP TO 50% ON YOUR  
MONTHLY GROCERIES!**



[www.fareforall.org](http://www.fareforall.org)  
763-450-3880  
1-800-582-4291

**A Proud Partner with the  
Saint Paul Regional Labor Federation,  
Saint Paul Labor Studies and  
Resource Center, and the  
Saint Paul Building and Construction  
Trades Council**