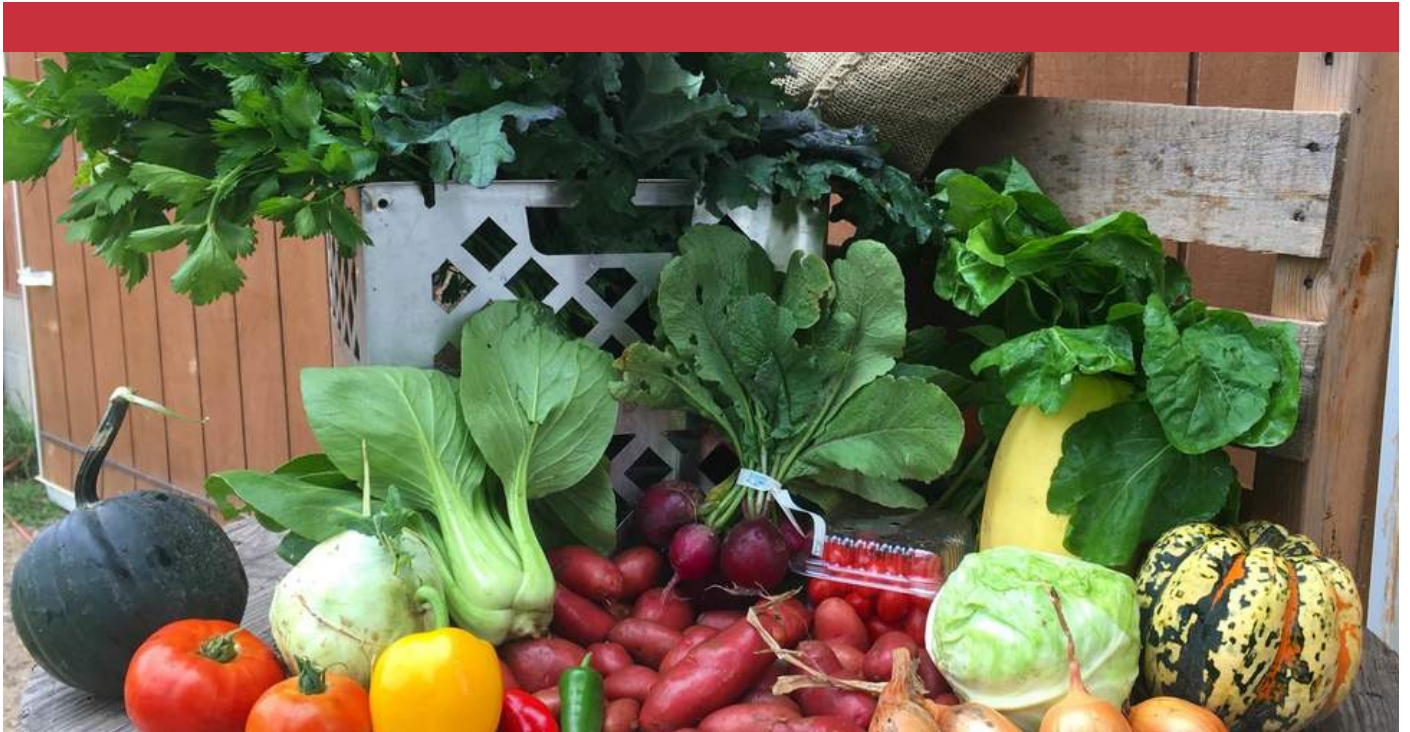


VetCSA



VETERANS

We are seeking 50 veterans who live in rural Minnesota to participate in this initiative. {Cass, Crow Wing, Morrison, Todd and Wadena county residents.}

HEALTHY FOODS

Participating veterans will receive a Community Supported Agriculture (CSA) food package twice per month, for one year at no cost.

KITCHEN CONFIDENCE

Cooking demonstrations and classes will be offered monthly by local food experts, chefs and nutrition educators.

QUALITY OF LIFE

The goal of the VetCSA is to improve the overall quality of life for veterans and their families. This initiative delivers healthy foods and gives additional knowledge and skills on how to prepare them. Building a healthy lifestyle creates a positive effect on physical and mental health. The VetCSA also brings veterans, families, growers and communities together. If you are interested in participating, contact Staci Headley by phone at 218.894.3233 or via email at sheadley@regionfive.org.



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