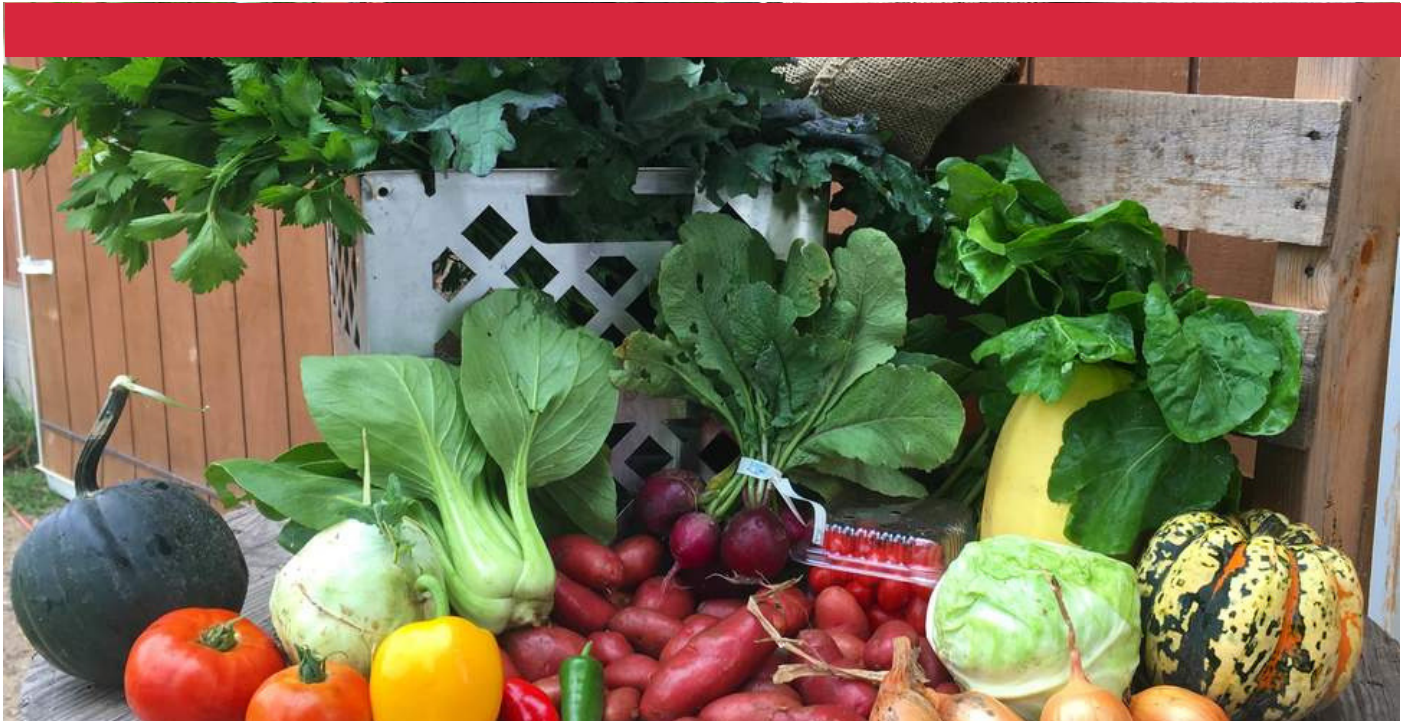


VetCSA

Veteran Community Supported Agriculture
MN Department of Veteran Affairs
Support Our Troops Grant Project



VETERANS

This program serves veterans who live in rural Minnesota. {Cass, Crow Wing, Morrison, Todd and Wadena county residents.}

HEALTHY FOODS

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

KITCHEN CONFIDENCE

Cooking demonstrations and classes are held monthly by local food experts, chefs and nutrition educators.

QUALITY OF LIFE

The goal of the VetCSA program 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 learning more, contact Staci Headley by phone at 218.894.3233 or via email at sheadley@regionfive.org.



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