

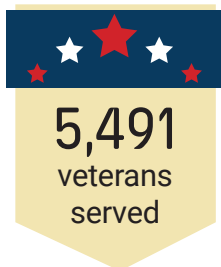
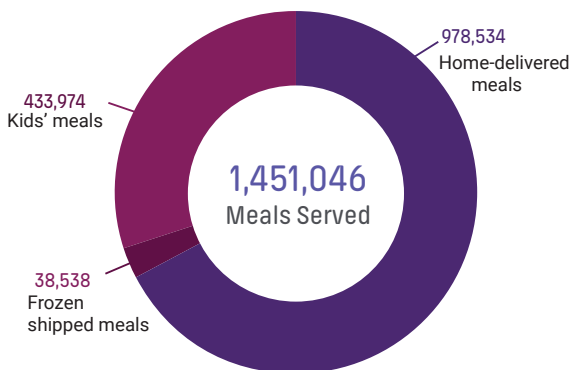
LSS Meals

LSS Meals offers nutritious meals that are available statewide.



Our services support older adults in living healthier, more active and independent lives, and make eating fun and easy. We also serve individuals experiencing food insecurities or who need assistance with nutrition or nutrition requirements.

LSS Meals are currently available as congregating dining, home delivered and curbside pickup. Learn more about our services by visiting lssmn.org/lssmeals!



Data taken from the 2021 LSS CEO Report.

LSS Meals

800.488.4146

lssmn.org/lssmeals

© 2022 Lutheran Social Service of Minnesota serves **all people** regardless of race, color, creed, religion, national origin, sex, sexual orientation, disability or age. 8/2022.

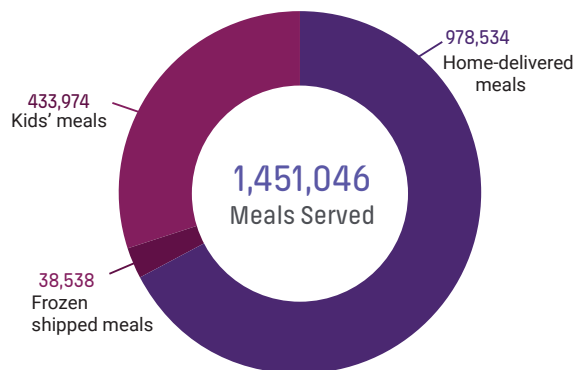
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LSS Meals offers delicious meal options that are available in many ways statewide.



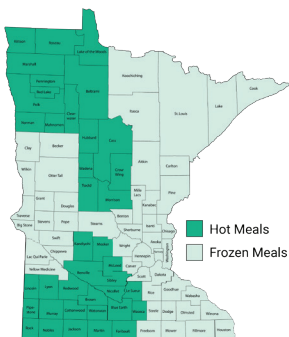
Engage with LSS Meals Today

Volunteer Opportunities

Deliver fresh, hot meals and provide a safety check for older adults through our LSS Meals on Wheels service and/or serve meals at our LSS Bistro Community Dining Centers. Set your own schedule. No minimum volunteers hours are required.

Get Involved in your Community

We have LSS Bistro Community Dining Centers and LSS Meals on Wheels in 165 communities in 39 Minnesota counties. Services vary by location. Our LSS Meals to Go shipment service is available statewide.



Donate to LSS Meals:

651.529.8899

Issmn.org/oa/volunteer

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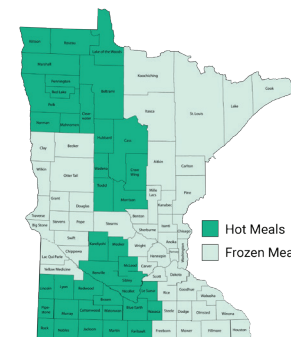
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