



**I pledge allegiance  
to the flag of the  
United States of  
America, and to  
the Republic for  
which it stands,  
one Nation under  
God, indivisible,  
with liberty and  
justice for all.**

November 2023



**SSVF (SUPPORTIVE SERVICES FOR VETERAN FAMILIES) PROGRAM ASSISTS HOMELESS VETERANS, OR THOSE AT RISK OF BECOMING HOMELESS, IN SECURING SAFE AND STABLE HOUSING. CONTACT MAX AT 701-839-7221**

**To qualify, veterans:**

- May be single or part of a family or household
- Must earn 50% or less of their community's median income
- May reside in permanent housing, but be at risk of homelessness
- May be homeless, but ready to move in to permanent housing
- Must have a discharge status other than dishonorable

**Program services include:**

- Outreach to veterans
- Case management
- Help applying for Veteran's Administration assistance and other benefits
- Financial assistance to secure or preserve housing
- Help connecting veterans with other community resources and services



**Community Action  
Partnership Minot Region**

**Will be closed on:  
November 10th  
Veterans Day**

**November:  
23rd and 24th  
Thanksgiving Day and  
the Friday after. Friday to  
give our staff time with  
their families. Have a  
wonderful**



*Take time to say thank you to all these organizations that are here to help each day!*

## Food Pantries

### Burlington

Peace Lutheran Church,  
(521 Davis St.)  
1st Monday of the  
month  
7:00 p.m. - 8:00 p.m.

### Minot

Our Lady of Grace  
Church  
(715 16th Ave SW)  
Mon, Tue, Thu, Fri  
1:00 p.m. - 4:00 p.m.

The Lord's Cupboard  
(1525 W Burdick Ex-  
pressway)  
Monday  
11:00 a.m. - 2:00 p.m.  
Tuesday Evenings  
5:30-7:30 P.M.  
Wednesday  
11:00 a.m. - 2:00 p.m.  
Friday  
11:00 a.m. - 2:00 p.m.

Salvation Army  
(315 Western Ave)  
1:00 pm - 4:00 pm

If you live outside of  
Minot, please check  
with your local  
community Food Pantry  
for their schedule or  
Social Service Zone to  
find a food pantry in  
your area.

## THE PROMISE OF COMMUNITY ACTION

*Community Action  
changes people's  
lives, embodies the  
spirit of hope, im-  
proves communities,  
and makes America a  
better place to live.  
We care about the  
entire community  
and we are dedicated  
to helping people  
help themselves and  
each other.*

## Minot Community Meals

Mon.: 11:30 a.m. - 12:30  
p.m.  
Cornerstone Presbyterian  
1000 3rd St NE

Tue.: 11:30 a.m. - 12:30  
p.m. Christ Lutheran Church  
502 17th St NW

Wed.: 11:30 a.m. - 12:30  
p.m.  
Immanuel Baptist  
1615 2nd St SE

Wed.: 5:30 p.m. - 6:30 p.m.  
Cornerstone Presbyterian  
1000 3rd St NE

Thur.: 5:30 p.m. - 6:30 p.m.  
St. Leo's Catholic Church  
218 1st St SE

Friday: 11:30 a.m. - 12:30  
p.m.  
1st Lutheran Church  
120 5th Ave NW

Sun.: 11:30 a.m. - 12:30  
p.m.  
Seventh Day Adventist  
10 17th Ave SW

## Donations and Memorials

Community Action greatly  
appreciates monetary  
donations and/or memorials.  
Individuals or groups may  
specify the program they  
would like the contribution  
to go to or donate it in  
general for Community  
Action to use where there is  
a need. You may mail your  
contribution to Community  
Action Partnership - Minot  
Region, 2020 8th Ave SE,  
Minot, ND 58701 or drop it  
off at our office.  
If you have any questions,  
please call our office at  
839-7221  
Thank you for your  
consideration!

## Sportsmen Against Hunger

Food pantries continue to be in need of healthy sources of protein, particularly fresh/frozen meat. Perishable items are often the least donated, yet they are the most needed to prepare healthy, balanced meals. The Community Action Partnership of North Dakota Sportsmen Against Hunger Program is proud to bring together generous hunters, willing to donate game meat with families who can benefit from no-cost, nutritious protein sources by organizing the donation of legally obtained wild game to food pantries across North Dakota.

If you are a meat processor and would like more information about the program or would like to become an SAH approved processors, please contact Faith Marthe at [faithm@capnd.org](mailto:faithm@capnd.org) or by phone at (701) 232-2452.

## IS THIS FOOD EXPIRED?

### UNDERSTANDING DATE LABELS

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

### "BEST BY" OR "BEST IF USED BY" DATE

This date tells you when the food will have the best flavor.  
It is still safe to eat past this date.

### "USE BY" OR "EXPIRATION" DATE

This is the last date that the product will be at its peak quality.  
It is still safe to eat past this date (except for baby formula).

### "PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking.  
It is not an expiration date - it is not related to food quality or safety.

### "SELL BY" DATE

This tells the store how long to display the product for sale.  
It is still safe to eat past this date.

### GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

### GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

### GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

Questions? Contact us at 215-223-2220 or [info@sharefoodprogram.org](mailto:info@sharefoodprogram.org).





*What are You Grateful For  
This Thanksgiving?*

### **Magic City Blessings Bank**

We provide personal care items to individuals in the greater community of Minot

#### Order Guidelines

Orders can be placed by email at [mcbb@svunitedway.com](mailto:mcbb@svunitedway.com) or by text message at 701-660-6228. An individual may place an order for up to 8 items per week but not more than 2 of any one item. Orders received by 5 pm on Thursday will be available for pick up **Monday from 5-5:30 at Souris Valley United Way**. If your child attends Minot Public Schools, your order may be picked up at their school during the school year, rather than at Souris Valley United Way. If you wish to have your items delivered to your child's school, please note that in your email or text.

#### Order information required

**NAME - PHONE NUMBER - ITEMS and QUANTITY**

#### Available Items please check the web site.

12 Band-Aids, Bar Soap, Body Wash, Hand Soap (female or male,) shampoo, Conditioner, Brush or comb, Deodorant (female or male) Facial tissues Feminine Hygiene Products,

Dish soap, Laundry Detergent, Lotion, Mouthwash, 2 razors, Shaving cream (female or male)

Toothbrush, Toothpaste, 2 paper Towel rolls, Towels (1st-time orders only), Washcloths (1st-time orders only)

**The ProjectBEE Winter Warming Center's mission is to work with the greater Minot community to better serve those experiencing homelessness with dignity and respect by providing a safe and warm place for homeless adults 18 years and older and any of their potential children (no unaccompanied minors) to get in and out of the cold during the winter months from October 1 until April 30. The Warming Center is located downtown at 205 3rd Ave. SE in Minot, ND, 58701. Hours for the center are from 7:00 pm until 8:00 am, Monday through Sunday, including holidays. The Warming Center works with volunteers and other organizations to make sure that we are providing the best service to the homeless population in our community. The Center is a place of welcome, acceptance, and hope. Please call before coming to the center. (701) 838-1812.**

**Other resources: Emergency Shelter, Dakota Diaper Pantry, Career Closet & Basic Needs Pantry.**

**Watch for updates on the New Broadway Circle Project on [FACEBOOK.COM/PROJECTBEEND](https://www.facebook.com/PROJECTBEEND) OR [INSTAGRAM.COM/PROJECTBEEND](https://www.instagram.com/PROJECTBEEND)**

### **Minot's Men's Winter Refuge**

Mike Zimmer at 701-822-2585.

Will be open in November. Call 701-837-0218 for information on Staying at the men's winter shelter.

#### **DID YOU KNOW?**

Homeless prevention services are a huge part of what we do at the Men's Winter Refuge. We provide year-round services for those in need -- such as free weekly rides (every Wednesday) to the Lord's Cupboard food pantry, and giving away free men's clothing. Each year for the past three years, we have helped between 800 and 1,000 individuals in the Minot area with our homeless prevention services -- that's IN ADDITION to those we serve in our men's homeless shelter. For information on any of these services, reach out to our friendly bus driver (and executive director)

### **Minot Matthew 25 Project**

**2410 30th Ave NW Minot**

**701-922-2622**

#### **Open Tuesday and Thursday 10am to 1pm.**

**We are a one stop shop, you will find clothing, household, bedding, dishes, and more. It is like a thrift store where everything is donated by people of the community for others who may need a little help. There is no charge for the items, however a donation container is there for free will offerings.**

**Thank you for being respectful and helping keep the shelves and racks nice and neat.**

**Volunteers are always welcome to help with sorting and straightening during open hours.**

**Minot Matthew 25 Project is a 501c3 nonprofit that seeks to match gifts of clothing and household items with those in need in our community at no cost.**

### **Minot Area Homeless Coalition, Inc.**

**Phone: 701-852-6300**

**Fax: 701-838-7728**

**Monday to Friday 9: am to 4:pm**

**"Services to those in need include but are not limited to (upon funding availability): Rent or Deposit, Utility, Transportation, Emergency Medication, and Identification assistance. We are the last resort, after all other resources have been exhausted. If there is no other shelter option and needs are emergent but short term, we may be able to provide short-term, emergency shelter on a case by case basis. Services also include information and referral, budgeting and collaboration when needed. The Minot Area Homeless Coalition, Inc. is not a shelter and cannot provide housing. Please call to schedule an appointment."**



*Now is the time to plan your Christmas budget. Pay all your monthly bills before you spend money on gifts. What gift is a need? What gift is a want? What gifts can you go without so you can have a warm home, food to feed your family, and gas? The best gift you can give is time, love, and being together making happy memories.*

**CAP - Minot Region**  
2020 8th Ave. SE  
Minot, ND 58701

**Office Hours:**

8:00 a.m. to 4:30 p.m.  
Monday - Friday

**Phone:**

701-839-7221  
800-726-8645

**Fax:**

701-839-1747

**Website:**

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

**Facebook:**

[www.facebook.com/CAP.Minot.Region](http://www.facebook.com/CAP.Minot.Region)

**E-mail Addresses:**

[agency@capminotregion.org](mailto:agency@capminotregion.org)

**Partnership Minot Region**



**Life is like riding a bicycle. In order to keep your balance, you must keep moving.**



09-26-2023

To Cindy + Others @ Community

I would like to thank you so very much for your generous act of kindness. It's nice to know programs like Community to assist people in situations or low income. It's wonderful not being judged or looked down upon because we were in a bind. So Thank you from the bottom of our hearts.

Sincerely  
*[Signature]*

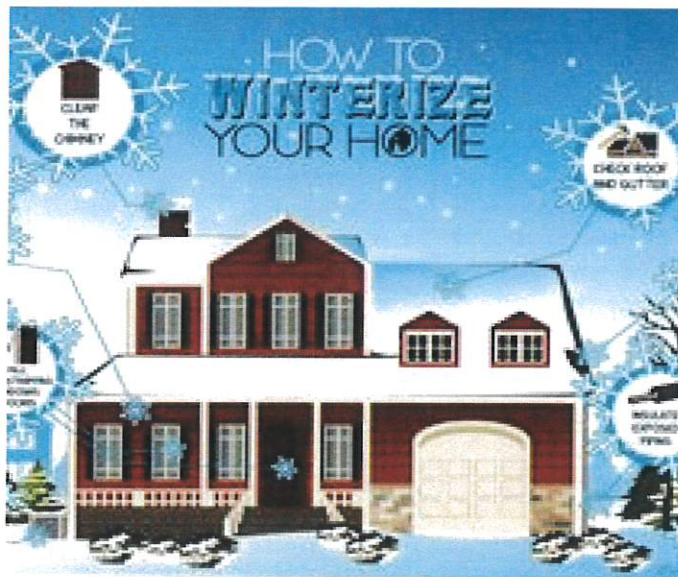
We may not be able to take care of everything...

We will try to do our best to help you succeed...

You will have to do your part which will be the real start toward...

Being self-sufficient.

Now may be the time for change. A job... even part time is better than no job.



## Are your energy bills through the roof?!

**Community Action's free Weatherization program may be able to help!**

Weatherization provides energy conservation services to eligible homeowners and renters. The program helps to increase energy efficiency and reduce heating bills by concentrating on the problems of heat loss and air infiltration. Weatherization services, such as insulation, caulking, and weather-stripping are installed by our trained construction crew. You must be income eligible and live in one of the following counties: Burke, Renville, Bottineau, Pierce, McHenry, Ward, Mountrail, or the Fort Berthold Reservation. If you receive fuel assistance from Social Services, then you are automatically income-qualified for the Weatherization program.

**If you are interested in receiving Weatherization services, apply at Community Action to determine if you are eligible.**

- If you get approved, your home will be inspected to determine what kind of work can be done.
- One of our Estimators will call you & set up a time for the work to be done by our crew.
- Once the work is completed, it will be inspected to ensure that all of the work was completed to satisfy the state and federal standards.





## NEED HELP? WE'RE HERE FOR YOU.

Get in touch with an expert  
for all your eligibility needs.



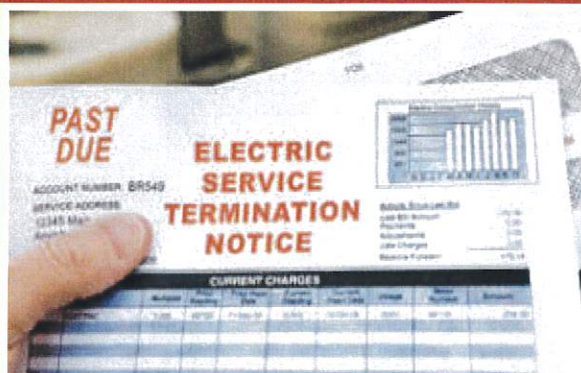
applyforhelp@nd.gov



1.866.614.6005; 711 (TTY)



Customer Support Center  
PO BOX 5562  
Bismarck ND 58506



If you receive one of these notices in the mail and need assistance take these steps.

1. Apply for "Emergency LIHEAP" through the County Social Service Zone that you live in.
2. Once you are accepted on the LIHEAP Program call Community Action Partnership at 701-839-7221

**PLEASE Do NOT wait to call until you get disconnected before you take action.**

NDRH Housing Stabilization's focus is helping households experiencing homelessness find long-term stable housing. Once an application has been submitted and approved, the applicant will be matched with a Household Engagement Coach. Applicants will gain an understanding of their lease and Letter of Commitment, and how to have a successful renter and housing provider relationship.

Once applicants are housed, NDRH will assist with three months of rent. During this time, the applicant and coach will look at additional resources around the state to potentially assist with financial needs.

If you qualify, payments will be sent to your housing provider for rent.

### ND RENT HELP IMPACT

North Dakota's rent and utility assistance program has provided help to:



**17,599**  
RENTERS



**2,362**  
HOUSING  
PROVIDERS



**52**  
COUNTIES

Housing Stabilization program for households experiencing homelessness:

**7,100+** HOUSEHOLDS APPROVED FOR LETTERS OF COMMITMENT

**2,700+** HAVE ALREADY OBTAINED HOUSING WITH ND RENT HELP SUPPORT

### NDRH SNAPSHOT

UPDATED 4.20.2023

**\$99 million**  
RENT ASSISTANCE

**2,362**  
HOUSING PROVIDERS

**\$10.8 million**  
UTILITY ASSISTANCE

**146**  
UTILITY PROVIDERS

**\$2.9 million**  
OTHER ASSISTANCE

The North Dakota Rent Help Program is no longer available for those who are behind in their monthly rental payments. If you are seeking assistance with your rent at this time you will need to seek financial help through other means as funding has run out for most agencies that would normally try to assist you. If you are not working at this time you will need to seek out employment. There are many businesses that are looking for help, both full and part-time help.

For more information view the [ND Rent Help dashboard](#).



# Winter Coat DRIVE



New or Gently used

October 23rd to December 29th

KIDS AND ADULT COAT SIZES

MITTENS, GLOVES, SWEATERS, HATS ALSO WELCOME!

We have requests on a waiting list for:

Larger Adult sizes 2X to 6X .

Snow pants and snowsuits for all ages.

Larger Teenage boys coats and snow pants,

Infant to toddler snowsuits .

Thank you for helping us help others by your donations.

Items can be brought to Community Action

Monday—Friday 8:00 am to 4:30 pm.

701-839-7221 2020 8th Ave SE Minot

## Minot Food Pantries

If you are looking to sign up for one of the Minot Food Pantries, you will need to go directly to that pantry. Take with you a photo ID, and proof of residence and number in household. Each pantry has different regulations and times you may use their services.

## Free COVID-19 Tests

COVID is circling around once again. Take proper care to keep yourself and your family healthy.

Self-tests (also called at-home tests and over-the-counter tests) are one of several tools that protect you and others by reducing the chances of spreading COVID-19. Self-tests can be taken at home, work, or anywhere, are easy to use, and produce rapid results.

You can place an order Online at [COVIDTests.gov](https://www.covidtests.gov) or get them at Minot First District Health Unit and Community Action Partnership Minot Office both have Free COVID Testing kits that you may pick up.

We are in need of snow boots and snow pants of every size, children, teens, adults.

If you or someone you know has any extra that they are no longer using and are still in good shape we have someone who is waiting for them.

Thank you for helping us to help those who need help the most.



## Tenant-Landlord Law in North Dakota

If you have questions about your rights as a tenant here is some recourse you can go to find some options for yourself.

- North Dakota Legal Services brochure #693 Landlord – Tenant Law in North Dakota, available at:
- North Dakota Office of Attorney General publication Tenant Rights,

Contact Us

Under age 60:

1-800-634-5263

Mon. | Tues. | Thurs.

9 am – 3 pm Central

Age 60+:

1-866-621-9886

Mon. – Thurs., 8 am – 5 pm Central

Friday 8 am – 2 pm Central

Minot Office: 720 Western Ave Suite 101