



# Food and Hygiene Distribution, Baby Necessities, & Family Activities

Hand Up Youth Food Pantry at JFS will hold their monthly food and hygiene distribution where you can shop at no cost for food, snacks, hygiene products, and baby items.

Distribution is free and open to all **in-need military families**.  
Bring your kids – activities include crafts and games.

## Abby Reinke Community Center

1330 - line numbers randomly assigned

1400 -1545 – food and hygiene items distributed

## Sunday Distribution Dates – 2010

- May 23
- June 27
- July 25
- August 29

*Product availability is on a first come, first serve basis to the first 200 families in-need.*

### Rules

- Please **bring your own bags**. The money we save on purchasing paper bags is used to bring more food and hygiene products to you each month. Those who bring their own bag will receive an extra product during the distribution.
- **DO NOT arrive before 1330** as we need space to set up and we cannot interfere with traffic in and out of the community center – if you are waiting in the parking lot prior to 1330 you will be asked to leave)
- Please **do not drive more than 15 miles** to attend – you will be spending more on gas than the value of the product given out
- There is NO “**saving spots**” for others in line – it is not fair to those who have been waiting.
- **If your family is caught being dishonest or “cheating” you will not be allowed to return** (examples include, but are not limited to: two people in the same household signing up separately, cutting in line with someone else, taking extra product).
- Please be mindful of your children.



**Jewish Family Service**  
one source for a lifetime of help

For additional information:  
Contact the Food Pantry Coordinator  
858.637.3088 [handup@jfssd.org](mailto:handup@jfssd.org)  
Or go to our websites:  
[www.handupfoodpantry.com](http://www.handupfoodpantry.com) and  
[www.jfssd.org/handup](http://www.jfssd.org/handup) for updates.





# Is Your Family Having Significant Challenges?

Are you experiencing stress related to a deployment or the economy?

Are you feeling worried, anxious or depressed? Call JFS. We have professional therapists and case managers trained to assist with issues that affect military families.

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**CHANGE BEGINS WITH A PHONE CALL**  
**(877) 537-1818 • [www.jfssd.org](http://www.jfssd.org)**

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## **Our programs can assist with:**

Daily Living and Coping Skills • Emergency Food • Therapy—Tricare Accepted  
Legal Referrals • Domestic Violence • Limited Financial Assistance



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