

## WHAT?

**COMMUNITY** meals and **COMMUNITY** markets

- everyone pays what they can
- everyone takes what they need

Goal: sustainable, cooperative

groceries for all

## Schedule

markets and meals happen together, as of May 22, 2026...

- Tue 5-8pm <sup>^</sup> **Example Menu**
- Thu 1-3pm
- Thu 5-8pm <sup>^</sup> Roasted Yam & Kale
- Seasonal Salad
- Raspberry Cobbler

<sup>^</sup> Vegan (often gluten-free, nut-free, and/or corn-free)

## WHY?

- divest from powers holding our food hostage for profit
- direct aid to neighbors in need
- mutual aid with inexpensive and high-quality groceries for all



Logo for Coke Farms whose spirit aligns with us.

## WE FEED US

## HOW?

neighbors helping neighbors

- about a dozen neighbors band together to organize the meals and markets
- ordering groceries in bulk from local farmers and distributors into individual packages
- prepping and cooking food for the meals
- serving the food and cleaning the kitchen
- maintaining compost and gardening

## GET INVOLVED

### ATTEND REGULARLY

This is necessary to get connected with folks leading activities you are interested in!

### Cleaning

- Sweep
- Wash dishes
- Wipe down counters

### Prep

- food prep (mostly chopping)
- partition bulk groceries
- bread making

### Gardening

- turn compost
- water/weed

## ASSOCIATED PROJECTS

### OPEN MARKET MN

- Patron: *The Collective Open Market*
- Helped bring many of us to ZCC
- Expanding reach of "Open Market" concept to more communities around MN

### SANTARY PRODUCT DISTRO

- Working with Bethlehem Midway
- Diaper/Toiletries Distribution

## FINANCIALS

**OUR** groceries and meals are funded by **US**

Cash and Check (Zion Lutheran Church – Food and Wellness)

- **PRO:** no platform taking a fee
- **CON:** not recurring

Digital (Vanco, PayPal)

- **PRO:** "easy" and can be set-up to be monthly
- **CON:** platform takes a cut



zlcmidway.org  
 → "Donate Now"  
 → "Food and Wellness"

Vanco Campaign

## Zion Food Solidarity

Community Meals and Community Markets for All

1697 Lafond Ave, St Paul, MN

Tom