

# Food being distributed on North Shore

Project MANA, a hunger relief agency serving the North Lake Tahoe and Truckee communities, is trying to reduce the incidence of hunger for families and individuals in the region.

In order to do so, Project MANA has four weekly food distributions at the following times and locations:

<b>MONDAYS</b> Tahoe City	Fairway Community Center 330 Fairway Drive	3-3:30pm
<b>TUESDAYS</b> Truckee	Community Arts Center 10046 Church St.	3-3:30pm
<b>WEDNESDAYS</b> Kings Beach	North Tahoe Family Resource Center 8321 Steelhead Ave.	3-3:30pm
<b>THURSDAYS</b> Incline Village	DW Reynolds Nonprofit Center 948 Incline Way	3-3:30pm

In addition, Project MANA has a home delivery program called Food and Companionship Exchange for individuals restricted to their homes because of health, and who have limited access to

food. Food is packed and delivered to their homes by Project MANA volunteers on a weekly basis.

Project MANA's nutrition education program provides community members with tools to improve their health, wellness, and perspective through cooking demonstrations, food samples, and lessons on budgeting, smart shopping, food safety, and healthy eating.

Project MANA accepts food donations at 948 Incline Way, Incline Village Monday-Friday from 9am to 4pm.

For further information, call (775) 298.0008.