



## **GET YOUR THANKSGIVING FOOD BOX AT WELL-HELP!** ***THRIVE! Is Donating Fresh Potatoes***

The Well-Help food pantry will distribute Thanksgiving food boxes on Friday, November 16, from 9 a.m. to noon. While you can sign up any time this week (Well-Help is open Monday-Thursday, from 9 a.m. to noon), you can sign up for and receive a box even on distribution day, Friday.

In keeping with its mission to improve the health and nutrition of area residents, THRIVE! Southern Lorain County is donating enough 5-pound bags of potatoes for 200 Well-Help families. A THRIVE! sticker will be on each bag and families will receive a recipe for the potatoes.

Residents can also sign up for a Christmas food box at this time. The Christmas boxes will be distributed on Friday, December 14, from 9 a.m. to noon.

For information, contact Well-Help Director Bernie Raab at 440-647-2689, tel.; or via email at [wellhelp01@yahoo.com](mailto:wellhelp01@yahoo.com). Well-Help is located at 127 Park Place in the basement of the First United Methodist Church in Wellington.

### **Well-Help Needs Volunteers**

Well-Help needs “packers” to pack the food boxes starting at 5 p.m. on Thursday, November 15. Contact Bernie at the above number or just show up!