



## FREE VEGGIES HOW IT WORKS:

The Veggie Van makes weekly 45-minute stops in neighborhoods across Cedar Rapids.

We set up farmer's market style and give away fresh produce.

We serve everyone, no questions asked. Produce is grown locally and fresh from the field.

## COMMUNITY FRIDGES

Filled multiple times a week

- NewBo City Market
- Geneva Tower
- Wellington Heights Community Church

## 2023 SCHEDULE

### TUESDAYS

3:00-3:45

Jim's Foods

812 6th St SW

### WEDNESDAYS

3:00-3:45pm

Hawthorne Hills Apartments

2283 C St SW

### THURSDAYS

9:30-10:30am

Eastern Iowa Health Center

1201 3rd Ave SE

3:00-3:45pm

Glenbrook Apartments

4839 1st Ave SW

4:00-4:45pm

Southview Apartments

2155 Westdale Dr SW