

# DONATE

HELP US KEEP OUR  
CULTURALLY SPECIFIC PANTRY

visit

[SEWA-AIFW.ORG/DONATIONS](https://sewa-aifw.org/donations)

for a list of food, personal care items  
& household products we can  
accept.

# VOLUNTEER

WE NEED VOLUNTEERS TO  
HELP WITH FOOD PACKING  
AND DELIVERIES

email us

[MEALS@SEWA-AIFW.ORG](mailto:MEALS@SEWA-AIFW.ORG)

for a sign-up sheet or check out all  
opportunities on our site

[SEWA-AIFW.ORG/VOLUNTEER/](https://sewa-aifw.org/volunteer/)

FOLLOW US:  
[@SEWAAIFWMN](https://www.instagram.com/sewaaifwmn)



# WHO WE ARE

Sewa-Aifw is a nonprofit organization committed to serving, supporting, and enhancing family wellness for the South Asian community in the Twin Cities and throughout MN.

Our crisis line is ready to assist those experiencing violence, mental or physical health emergencies, and immigration & legal emergencies.

In 2020 SEWA-AIFW has

- developed a South Asian food pantry with culturally-specific foods.
- served 100+ seniors/families.
- hosted several food distributions to address food insecurity
- **Served nearly 10000 meals from March through December**

# SEWA-AIFW

24/7 CRISIS LINE: 952-912-9100  
6645 James Avenue N, Brooklyn  
Center, MN 55430  
(763) 234-8301  
[sewa-aifw.org](https://sewa-aifw.org) | [@sewaaifwmn](https://www.instagram.com/sewaaifwmn)  
[meals@sewa-aifw.org](mailto:meals@sewa-aifw.org)

# MEALS PROGRAM

Free Culturally Specific  
Meal Delivery



# QUALIFY

Do you experience **any** of the following?

- No transportation or difficulty getting to a grocery store
- Being a primary care provider for your spouse/partner, parent, or child and not having time or energy to cook
- Difficulty in planning and preparing meals for yourself and/or those in your household?
- Financial distress due to COVID and/or other pressures
- Inability to access balanced, cultural meals

If so, you can qualify for our **FREE** meal delivery services.

# REGISTER

We collect basic information from you to allow us to deliver your **FREE** meals.

- Full Name
- Address
- Phone Number(s)

Email us to sign up!

**meals@sewa-aifw.org**

We deliver your **FREE** meals twice a week to your address (must be within Minneapolis and surrounding areas).

Deliveries are typically made Tuesday and Thursday afternoons by our dedicated staff or volunteers. We also have special distribution events on Saturdays.

*Your information is kept private and recorded only for our delivery team and for record keeping purposes. Any information collected will not be sold, shared, or rented to any mailing lists or other parties for solicitation purposes.*

Find out more about all our services

**sewa-aifw.org**

# THE MENU

Only vegetarian meals are provided: no meat, poultry, fish/seafood, or eggs are included.

The menu will vary, but typically a South Indian and North Indian style plate is provided each week.

We will consider certain dietary requirements /allergies but cannot accommodate all

*Sample Menu:*

- Tuesday: Idli (steamed rice dumplings), Sambar (lentil and vegetable soup), Chutney, Tomato Rice, Yogurt, & Fruits
- Thursday: Dal Makhani (lentil soup) , Bhindi Masala (Okra), Chapatis (flatbread), Yogurt & Fruits.