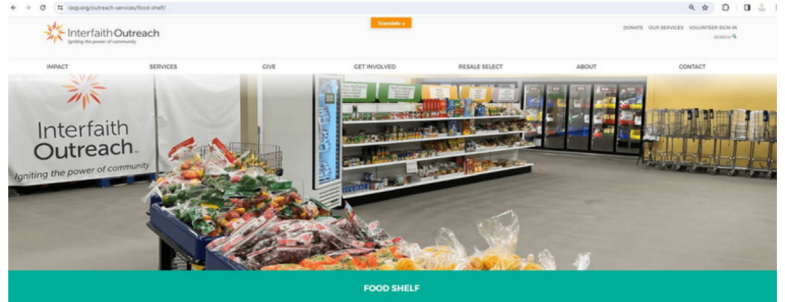


HOW TO SCHEDULE A FOOD SHELF APPOINTMENT

You need an email and phone number to schedule an appointment.

1 Visit IOCP's website and find the Food Shelf page (listed under SERVICES tab: <https://iocp.org/outreach-services/food-shelf/>)



2 Click on the orange button that says, "SIGN UP FOR A FOOD SHELF APPOINTMENT"

Food Shelf Assistance

IOCP's food shelf provides no-cost food and household essentials to stretch household budgets. Our grocery store-style environment welcomes guests with a variety of healthy and culturally-specific options, including fresh produce, gluten-free items, kid-friendly snacks, and a variety of meats, including halal options. Visit our [Services](#) page to learn more about other IOCP programs and services for those in the western metro area of the Twin Cities suburbs.

SIGN UP FOR A FOOD SHELF APPOINTMENT

3 You will be moved to the SignUpGenius website.

- Choose an appointment date/time that works for you, then click the Sign Up button.
- If button says "full," no appointments are available at that time.

05/03/2024 Friday Interfaith Outreach & Community Partners - Food Shelf 1605 County Rd 101 Plymouth, MN 55447	10:00am-10:20am	Food Shelf Appointments All 5 slots filled	Full
	10:20am-10:40am	Food Shelf Appointments All 5 slots filled	Full
	10:40am-11:00am	Food Shelf Appointments 4 of 5 slots filled	Sign Up
	11:00am-11:20am	Food Shelf Appointments 1 of 5 slots filled	Sign Up

4 Scroll to the bottom of the page, and click Save & Continue.

05/03/2024 Friday Interfaith Outreach & Community Partners - Food Shelf 1605 County Rd 101 Plymouth, MN 55447	9:40am-10:00am	Food Shelf Appointments All 5 slots filled	Full
	10:00am-10:20am	Food Shelf Appointments All 5 slots filled	Full
	10:20am-10:40am	Food Shelf Appointments All 5 slots filled	Full
	10:40am-11:00am	Food Shelf Appointments 3 of 5 slots filled	Selected
	11:00am-11:20am	Food Shelf Appointments 4 of 5 slots filled	Sign Up

Save & Continue

HOW TO SCHEDULE A FOOD SHELF APPOINTMENT - PAGE 2

5 Fill out the form.

- Type your **name**, **email address** and **phone number**.
- Type the name of your **city**.
- Type the **number of people in your household**.
- Click **Yes** or **No** to answer if this is your **first visit**.
- Type **how many children under age 5** are in your household.
- Click **Sign Up Now** button to save this form.

Available Appointments	Date (mm/dd/yyyy - CDT)	My Comment	Quantity
Food Shelf Appointments	Fri., 05/03/2024 10:40am - 11:00am		1

6 You will see a message confirming your appointment.

A confirmation will be sent to your email address.

Thank you, Peter!
You're all signed up for Interfaith Outreach & Community Partners Food Shelf.
A confirmation email with an attached iCalendar has been sent to you.
✓ **Food Shelf Appointments**
Wed., 06/07/2023 3:40pm - 4:00pm CDT
Location: Interfaith Outreach & Community Partners - Food Shelf
One more thing! Want to make it easier to sign up or edit your items in the future?
Create a free SignUpGenius account
[Back to Sign Up](#)

7 Need to cancel or change your appointment?

- Find your confirmation email in your email inbox
- Click "Edit My Sign Up"
- Resubmit your form (see step 5)

Thank you, Peter!
You're all signed up for "Interfaith Outreach & Community Partners Food Shelf."
✓ **Food Shelf Appointments**
05/03/2024 (Fri.) 10:40am - 11:00am CDT
Location: Interfaith Outreach & Community Partners - Food Shelf
[View Sign Up](#)
[Edit My Sign Up](#) [Contact Interfaith Outreach Food Shelf](#)

8 On the day of your appointment...

- Arrive at the IOCP building a few minutes before your appointment time.
- Check in at the front desk.

Questions about IOCP Food Shelf?

Call 763-489-7500

Appointments: Mondays | Wednesdays | Fridays

Drop-in hours: Thursdays 5 – 7 p.m.

Visit as often as every other week.

1605 County Rd. 101 N, Plymouth Minnesota