

# Need a little help?

## FISH of Lebanon offers lots of it!

To sign up for free, nutritious **FOOD**, call FISH at 541-259-3200

Tuesday or Friday morning. You'll be able to drive through and pick up YOUR family's food that afternoon. You can call to make an appointment once every 10 days.

Our food pantry is located in the First Presbyterian Church, Second and Ash St. When you call in, ask for directions to the food pantry.

To shop for free clean, new and like-new **clothes for your school children**, call FISH at 541-259-3200 to make an appointment to come in and shop any Wednesday between 9:30 and 3:00.

The Clothes Closet is also located at the Presbyterian Church, Second and Ash St. There you'll find a large room full of winter coats, hoodies and sweat shirts, jeans, T-shirts, leggings, shoes, dresses, skirts, pajamas – everything your children need this winter. We have clothes for all youngsters, from kindergarten through high school seniors.

FISH of Lebanon can also help once a year with your rent payment, electricity, natural gas and water bills. We pay for Oregon ID's and licenses and can pay for prescriptions and vision appointments.

Call FISH of Lebanon if you're looking for a little extra help – 541-259-3200. Our volunteers answer the phones Monday through Friday from 9 a.m. to 3 p.m.

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