



Ending Hunger, Building Community, Transforming Lives

# CURRENT PROGRAMS

## Manna's Kitchen To-go Meals



Manna prepares and distributes to-go meals every day for anyone in need. Vegetarian and non-pork options are available.

**Monday - Thursday: 10am - 2pm**

**Friday - Sunday: 10am - 1pm**

## Manna's Kitchen Sit-down Meals



Manna serves a hot meal four days per week for anyone in need. Vegetarian and non-pork options are available.

**Monday - Thursday: 4:30pm - 6pm**

## Manna's Market In-person Shopping



Households living in Montgomery County can receive groceries twice per calendar month. Households do not need to pre-register for in-person shopping, but will need to complete a Market intake form after arriving at Manna.

### In-person Shopping Hours

**Monday: 2pm - 4pm**

**Tuesday: 12:30pm - 2:30pm**

**Wednesday: 5:30pm - 7pm**

**Thursday: 12:30pm - 2:30pm**

**Saturday: 9:30am - 11:30am**

## Manna's Market Online Ordering



Households living in Montgomery County can receive groceries twice per calendar month. Online grocery orders must be picked up the same day the order is placed. Instructions for how to use online shopping are on the second page of this document.

### Online Market Ordering Hours

**Monday: 10am - 1pm | Pick up: 5pm - 7pm**

**Tuesday: 6am - 10am | Pick up: 3pm - 5pm**

**Thursday: 6am - 10am | Pick up: 3pm - 5pm**

## Manna's Emergency Financial Assistance Program



Emergency financial assistance is available for eligible households that live in the North Penn School District. To apply, please go to:

[www.mannaonmain.org/financial-assistance-application/](http://www.mannaonmain.org/financial-assistance-application/)

## Manna's Shower



Showers are available from 9am to 4:15pm. Manna provides shower supplies, including soap, shampoo and towels. Shower availability is subject to change.

**Manna on Main Street | 606 East Main Street, Lansdale, PA 19446**  
**www.mannaonmain.org | 215-855-5454 | manna@mannaonmain.org**



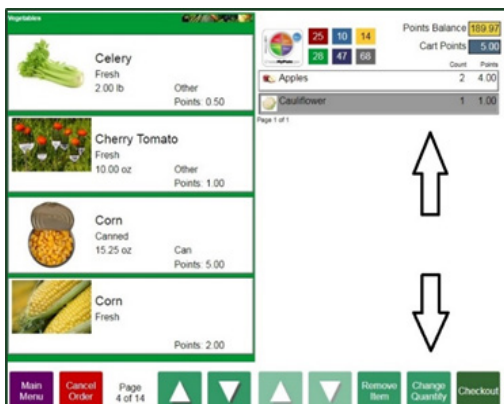
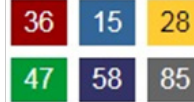
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# Welcome to Manna's Online Market!

## Online shopping is available for all enrolled Market households

To shop online, visit [www.smartchoice.life/mannaonmain](http://www.smartchoice.life/mannaonmain) and follow the directions below:

1. To login, enter your Shopper ID and Pin. If you do not have this information, click "Forgot Shopper ID/Pin". If your email is on file with us, your information will be sent to you via email. If your email is not on file with us, please contact Manna at 215-855-5454.
2. Your available monthly shopping points are shown in the top right corner by colors that match the MyPlate categories: Fruit, Vegetables, Dairy, Proteins, Grains, and Other. If you are a USDA shopper, this selection is available in "Other."
3. To start shopping, touch or click the MyPlate categories and available items will be displayed. Use the navigational buttons to display more options.



4. To adjust the item quantity, select the item in your cart, and then touch or click "Change Quantity."
5. Select "Note to Staff" if you have a question or would like to specify any food allergies or item preferences.
6. Once your order is complete, you must click "Checkout" in the bottom right. Your order will be ready during pick up hours on the same day. Please note the pick up time for your order and arrive promptly.

Groceries must be picked up on the same day as your online order. If you do not pick up your order, the points will still be deducted from your account. After three occurrences of not picking up an order same day, you will not be allowed to shop online. To pick up your groceries, please come to the outside Market door during designated pick up times. Groceries will be bagged and ready for you in the vestibule. Ask the Market staff or volunteers for your bagged groceries.

### Online Market Ordering Hours

**Monday: 10am - 1pm | Pick up: 5pm - 7pm**  
**Tuesday: 6am - 10am | Pick up: 3pm - 5pm**  
**Thursday: 6am - 10am | Pick up: 3pm - 5pm**