



May 22nd Distribution

Free fruit, vegetables, milk, eggs and other healthy foods.

WHO:

Columbia residents welcome. There is no pre-registration for the distribution. First come, first serve.

WHEN:

Drivers & Riders

Friday, 3:30 - 5:30 pm
(while supplies last)

Walkers & Non-riders

Friday, 3:30 - 4:30 pm
(while supplies last)

HOW:

Please **wear a mask** when coming to Fresh Express and if you are sick, **stay at home**.

Pre-boxed items will be loaded into your vehicle.

Pre-boxed items will be provided.

To assure boxes fit in your vehicle, 1 person per household and clear your trunk or truck bed.

Please bring something to carry boxes back to your home.

Unfortunately, as a safety precaution for loading vehicles, family pets should be left at home.

WHERE:

Columbia High School
Parking Lot
901 Ironville Pike, Columbia

Park Elementary School
Main Lobby
50 S. Sixth Street, Columbia



Gate will open for drivers 30 minutes before event.

Coordinated By:



Penn Medicine
Lancaster General Health

In Partnership With:

- Central PA Food Bank
- Columbia Borough School District
- Columbia Life Network
- Community Action Partnership
- Hunger-Free Lancaster County



Make the most of your stimulus check. \$

- 1. Save as much of the money as you can** since we don't know how long this crisis will last.
- 2. Don't pay down large chunks of debt with these funds.** Pay the minimum for the next few months, and then pay down more if the money is not needed to pay essential bills.
- 3. Split your bills into essential and nonessential until the crisis is done,** and **pay first what is essential.**
- 4. Use stimulus funds to help cover your rent** (example: If you have a loss of income of \$500 per month then \$1,200 could help cover nearly 2.5 months). If these funds are not enough to cover your rent, make sure to call your landlord and attempt to set up a payment plan until the crisis is over.
- 5. Call your mortgage company** and attempt to set up a payment plan until the crisis is over.
- 6. Call all utilities** and make sure you have the best deal for the services you need. Review and reduce anything you can to save money right now. Sometimes they will have payment plans or even assistance programs depending on your situation.
- 7. Call your loans and credit card companies** to see if they have any special programs to help reduce costs during the crisis. This could include student loans, personal loans, credit cards, store cards, car loans, and any other loans that you may have at the moment.
- 8. Don't start any new loans unless they are essential.** If you need a new car to get to work or need to refinance your house for a lower payment, then do that as needed. Try to avoid these actions until the crisis is over and you are sure that your income is stable.
- 9. Treat yourself.** This may seem like a bad idea to many, but allow yourself a little something. Keep it under 10% of the amount you receive. If you get \$2400 check then you can spend up to \$240.
- 10. Lastly, think about giving.** Everyone won't be able to do this, but if you are able use the same rule as in #9 on this list. Keep it to 10% or less as a general rule to make a difference in someone else's life.