



nourish up[™]
Lifting our community
through food.

formerly Loaves & Fishes/Friendship Trays

To pick up a week's supply of nutritionally balanced groceries, you'll need to have a referral or appointment. Referrals can be made by a professional from an approved human services organization; a doctor's office, medical clinic, hospital or other medical or health service provider; a government agency such as the Department of Social Services or VA; a school, college or university that you or your children attend; or a church or faith organization. If you are having difficulty getting a referral or appointment, please contact us at (704) 523-4333 to see how we can help.

The professional making the referral or appointment will need to provide us with;

- the names and birthdates for each person in the household who would like to receive food
- your address and contact information in case we need to reschedule your appointment
- the gender of each person receiving food
- the race/ethnicity of each person receiving food
- whether or not you are currently receiving Food Stamps/SNAP
- the disability status of each person receiving food
- the veteran status of each person receiving food
- your monthly income

If you or the professional familiar with your situation have additional questions please call our offices at 704.523.4333. Our phone lines are open Monday through Friday from 8:30am to 4:30pm.

For help finding additional assistance please follow this link,
nourishup.org/communityresources.