**INSTRUCTIONS FOR PEOPLE WHO NEED FOOD HELP**

**NOTE! Changes: order processing has ended, and the bag give away in Viitakumpu ends.**  
Advance ordering of food bags is no longer available, and distribution locations will change.

Starting from week 3 (13.1.2025), bags will be distributed among those who come to the distribution location. Numbers will be handed out to those in need of food in random order, and the bags will be distributed in numerical order.

Bread will no longer be packed into the bags. Instead, everyone can take bread after receiving their bag, if they wish. If someone does not receive a number, they may still have the opportunity to get bread at the end of the distribution, if any is left.

A swap box will be available at the distribution site. You can leave items you cannot or do not want to use and take something left by someone else in exchange.

The changes of the process are happening due to the changes in employment-related politics.

**Distribution times and locations from January 13.:**

* **Porukkatalo (Savonkatu 23):** Mon, Wed, Fri at 2:30 PM
* **Kuusankoski (Kauppatori, church-end side):** Tue, Thu at 2:30 PM

**Other important information:**

* Food bags are picked up from the designated location when your number is called. Numbers are distributed at the location before the distribution begins.
* One bag is given per person. One time per week.
* The size of your number does not affect the contents of the bag.
* The number of bags and their contents are adjusted based on the amount of food we get.
* The bags we use are reusable. Please return the bag on your next visit. Plastic bags are also used and do not need to be returned.
* If you need additional information about allergens in the food (e.g., baked goods or unlabeled products), you can ask the employees and volunteers at the food distribution site.