



H.E.S. COMMUNITY FOOD PANTRY

IN PARTNERSHIP WITH MET COUNCIL

PANTRY HOURS

(PICKUPS BY APPOINTMENT ONLY)

MONDAY, WEDNESDAY, AND THURSDAY

9:30 A.M. - 2:00 P.M.

TUESDAY

1:00 PM-6:00 PM

*ID REQUIRED



NEW TO THE PANTRY?

SCAN QR CODE TO REGISTER
& PLACE ORDER, OR VISIT
[HTTP://MARKET.METCOUNCIL.ORG](http://MARKET.METCOUNCIL.ORG)



HOW TO REGISTER

(NEW PANTRY PARTICIPANTS ONLY)

1. Visit <https://MARKET.METCOUNCIL.ORG> to begin
Click on "Order Food" and choose "Sign Up"
2. Register yourself and your household members
and wait to hear from your pantry manager.
3. Log in at MARKET.METCOUNCIL.ORG and start
ordering!
4. Choose a pick-up time during pantry hours.
5. Check email for confirmation and your receipt.

QUESTIONS? WE'RE HERE TO HELP.

Hebrew Educational Society

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