

Thousands of people in Minnesota

don't have enough to eat or a safe place to stay.

Job losses, home foreclosures and rising food, housing and transportation costs have taken a toll on our neighbors. One in ten Minnesotans relied on a food shelf in 2010, and over 13,000 people are homeless in Minnesota on any given night.

Children are hit the hardest: half of food shelf visitors and more than a third of people who are homeless in Minnesota are under 18.

“It is important for homeless children to feel secure and confident at the start of the school year. Many of them have never been prepared for school, and this has hindered their success.”

—New Foundations:
a Project for Pride in Living Program
(Education Grant Recipient)

Join us

in helping our neighbors become free from hunger and homelessness.

Donate

Your gift allows Open Your Heart to continue providing the resources that food shelves and homeless shelters must have to help the growing number of people they serve.

Volunteer

Visit our website and sign up for our e-newsletter to learn about more ways you can help people who are hungry and homeless.



People like you

Hunger and homelessness affect children, seniors and working adults



www.oyh.org

Metro Square Building
121 East Seventh Place
Suite 110
Saint Paul, MN 55101
Phone 651-224-8011
Fax 651-229-0727
mail@oyh.org



facebook.com/oyheart



linkedin.com –
Group keyword: “Open Your Heart”



OPEN YOUR HEART
TO THE HUNGRY AND HOMELESS

www.oyh.org



25 years of...

**Helping
Minnesotans** from
Ada to
Zumbrota

Open Your Heart to the Hungry and Homeless was founded in 1986 by a group of State of Minnesota employees who wanted to help the growing number of people needing food and shelter. Twenty-five years later, Open Your Heart is still leading the charge as the only grant provider focused solely on alleviating hunger and homelessness in Minnesota.



**Answering
the call** to serve
more people
in need

Open Your Heart helps food and shelter providers of all sizes get the things they must have to serve more people, including mattresses, freezers and roof repairs. We work quickly to meet these essential needs, which are not typically funded by other sources.

**Filling empty
stomachs** with fresh,
healthy
foods



Open Your Heart can leverage your donation to purchase up to 10 pounds of fruit, vegetables, meat and milk for every dollar. This support is especially important in the summer when more families depend on food shelves while the kids are home from school.



“Because of the new reliable stoves, residents take what they have learned in the nutrition classes and go back to their apartments and cook.”

—RESOURCE Recovery Center
(General Grant Recipient)

**Giving
homeless
kids** the tools
to succeed

Many students who are homeless don't have access to the resources they need to participate fully in school. Open Your Heart provides funding for items including school supplies, gym uniforms, activity fees and college entrance exam fees so homeless youth can achieve their potential.

