

# GOOD SAM

A MINISTRY OF METROPOLITAN UMC

## WHAT TO EXPECT WHEN YOU COME

- First Come/First Served, 32 clients are served per week,
- We are a client choice pantry where you select your items needed
- line up at 11:45am to go inside at 12pm
- No ID isW required, but a current ID and/or Gleaners card is helpful
- You will be given a shopping list to check off items you need
- Interviewers will register, provide resources, and answer your questions. You will get a monthly resource guide including recipes.
- When shopping list is filled your name will be called to pick up
- You will get the items on shopping list, fruit and vegetable bag, miscellaneous bag, frozen food and dairy bag and a monthly household/toiletry bag.
- You may come two times a month
- Occasionally, there will be personnel to discuss and update you on health, society, and food issues.

[METROUMCDETROIT.ORG/GOODSAM](https://METROUMCDETROIT.ORG/GOODSAM)

**313-875-7407**