



NEWS RELEASE

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FOR IMMEDIATE RELEASE

Free Holiday Food Giveaway for Residents in Need

Spencer, IA – Seasons Center for Behavioral Health will be giving away 250 holiday food baskets in Clay, Emmet, Palo Alto, and Osceola counties to residents in need. These baskets will include traditional holiday classics such as canned vegetables, gravy, instant potatoes, and stuffing and a \$20.00 gift card for fresh meat and produce at a local grocery store. Each basket will also include kid-friendly foods like bread, peanut butter, jelly, mac & cheese, granola bars, fruit snacks, crackers, and soup. These baskets are funded by Northwest Iowa Care Connections and County Social Services Mental Health & Disability Services Regions through CARES funding.

Palo Alto County residents can pick up food baskets at the Seasons Center in Emmetsburg (918 Broadway St) on December 7th from 5-6 PM. Clay County residents can pick up baskets at Seasons Center's main office in Spencer (201 E 11th St) on December 8th from 4-6 PM. Emmet County residents can pick up food baskets at Grandview Baptist Church in Estherville (3705 170th St) on December 9th from 4-6 PM. Basket pick-ups are drive up only! Staff will be masked and properly distancing for your safety and theirs. Additionally, Seasons is working internally with staff to identify families most in need of food baskets in Osceola County and delivering directly.

"We are grateful for the funding from the Northwest Iowa Care Connections and County Social Services Mental Health & Disability Services Regions," said Kim Scorza, CEO/President of Seasons Center. "We are thrilled to have the ability to provide food to the residents of Clay, Emmet, Palo Alto, and Osceola counties! We know this year has been difficult for many. We want to ensure that the families in our community are able to have enjoyable holiday meals, as well as extra food for their children who will be home from school this month."

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About Seasons Center for Behavioral Health

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.