



FIND FOOD AND BASIC SUPPLIES NEAR YOU

COUNTYWIDE RESOURCES

Several programs are available to help connect you with healthy, nutritious food and basic supplies (toilet paper, toothpaste, diapers).



ramseycounty.us/FoodResources

View resources and an online map with food shelves, no-cost meal sites, farmers markets and produce distribution sites.



Service Center Navigators 651-266-0600

Get help accessing Ramsey County services. Monday–Friday: 8 a.m.–4:30 p.m. (*Interpreters available*)



INCREASE YOUR MONTHLY FOOD BUDGET

Women, Infants & Children (WIC)

Healthy food, nutrition counseling, and breastfeeding/chestfeeding support for pregnant, postpartum women, infants and children under 5. (*Interpreters available*)

ramseycounty.us/wic • 651-266-1300

Supplemental Nutrition Assistance Program (SNAP)

SNAP (food stamps) helps people with low incomes get nutritious food by providing monthly food benefits on an EBT card (like a credit card).

For questions and how to apply:

ramseycounty.us/SNAP • 651-266-4444

Fare For All

Purchase groceries at a discounted price. There are no qualifications to participate and no pre-registration. Accepts: credit, cash, debit, SNAP/EBT, Market Bucks.

fareforall.org • 763-450-3880

Market Bucks

Triple your SNAP/EBT payments with Market Bucks. Spend up to \$10 in SNAP/EBT, get up to \$20 free in Market Bucks to spend on SNAP eligible foods and produce. Available at participating Farmers Markets, Fare for All and Twin Cities Mobile Market.

hungersolutions.org/programs/market-bucks

Summer No-Cost Meals for Kids

Download Hunger Impact Partners app.

hungerimpactpartners.org/summereats



TRANSPORTATION OR MOBILITY BARRIERS

Twin Cities Mobile Market

A grocery store on a bus. Purchase affordable groceries at stops throughout the metro area. Accepts: credit, cash, debit, SNAP/EBT, Market Bucks.

thefoodgroupmn.org • 763-450-3860



CONNECT TO FOOD

MN Food HelpLine

Information about food resources including SNAP/food stamps, food shelves, no-cost meal sites and more.

(*Interpreters available*)

hungersolutions.org/find-help

Call or text 1-888-711-1151



FOR OLDER OR DISABLED ADULTS

Meals on Wheels

Nutritious meal delivery for older and disabled adults who are homebound, on a short-term or long-term basis.

meals-on-wheels.com • 612-623-3363

Nutrition Assistance Program for Seniors (NAPS)

Eligible seniors (60+ years) receive a box of shelf stable foods, including canned fruits, vegetables, meat and grains. Call for eligibility and to find a location.

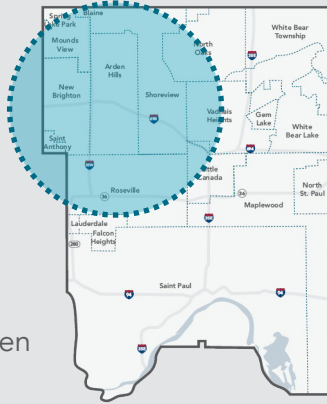
agencies.2harvest.org/naps

651-484-8241 • naps@2harvest.org



Resources in Your Neighborhood

Northwest Ramsey County
Suburbs: New Brighton,
Mounds View, Shoreview, Arden
Hills, Roseville, North Oaks,
Falcon Heights



Farmers Markets

Purchase locally produced food at a farmers market near you. Find a market that accepts SNAP/EBT/Market Bucks. Use up to \$10 SNAP/EBT, get \$20 in Market Bucks to spend on SNAP eligible foods and produce.

tinyurl.com/225hrsza (Hunger Solutions)

Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and need IDs or proof of address. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

Ralph Reeder Food Shelf Program

2544 Mounds View Blvd., Mounds View
moundsvIEWSchools.org/Domain/75 • 651-621-6280

St. John the Baptist Catholic Church

835 2nd Ave. NW, New Brighton
stjohnb.com • 651-633-8333

Keystone Community Services - Rice Street

1459 Rice St. Ste. 3, Saint Paul
keystoneservices.org • 651-487-2792

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
612-245-9259, call between 9 a.m. and 5 p.m

Canasta Familiar

Serves Latino/e community
771 Margaret St., Saint Paul
clues.org • 651-379-4200 Ext. 2

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3864

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

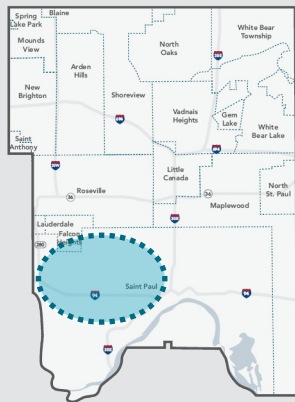
Find a location near you:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Download the Free Meals for Kids app on your smartphone.



Resources in Your Neighborhood

Saint Paul: North End, Thomas Dale, Hamline-Midway, Como



Food Shelves & No-cost Groceries

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Open Hands Midway - Bethlehem Lutheran Church

436 Roy St. N., Saint Paul

openhandsmidway.org • 651-646-6549

Keystone Community Services

keystoneservices.org

Midway

1916 University Ave. W., Saint Paul

651-917-3792

Rice Street

1459 Rice St. Ste. 3, Saint Paul

651-487-2792

The Midway Food and Empowerment Project

1610 Hubbard Ave., Saint Paul

hamlinemidway.org/TheMidwayProject • 612-470-2247

Masjid At-Taqwa Food Shelf

1608 Como Ave., Saint Paul

masmn.org/social-service • 612-203-3348

House of Refuge Outreach

facebook.com/hortc.org • 651-369-9801

Franciscan Brothers of Peace

1289 Lafond Ave., Saint Paul

brothersofpeace.org/what-we-do/service • 651-646-8586

iHelp Marketplace

900 Dale St. N., Saint Paul

ihelpmarketsquare.com • 651-488-4463

Haven Int'l Food Shelf

1535 Como Ave., Ste.1, Saint Paul

haven-intl.org • 651-335-2557

Feeding Frogtown Distribution

West Minnehaha Recreation Center

685 W. Minnehaha Ave., Saint Paul

frogtownmn.org/feedingfrogtown • 651-236-8699

Find on Facebook

Canasta Familiar

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771 Margaret St., Saint Paul

clues.org • 651-379-4200 Ext. 2

Department of Indian Work

Serves American Indian community

3080 Centerville Rd., Little Canada

interfaithaction.org • 651-789-3864

No-cost Meals for All

Shobi's Table

shobistable.org

Faith Lutheran Church

499 Charles Ave., Saint Paul

Allianz Field - Parking Lot C

400 Snelling Ave N., Saint Paul

Christ on Capitol Hill

105 University Ave. W., Saint Paul

Feeding Frogtown Meal Distribution

Locations vary

ctdFNA@gmail.com • 651-236-8699

Find on Facebook

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

Find a location near you:

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Farmers Markets

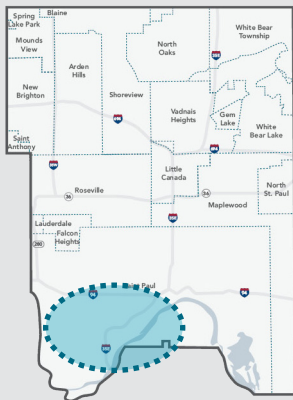
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tinyurl.com/225hrsza (Hunger Solutions)



Resources in Your Neighborhood

Saint Paul: Downtown, West Seventh, Summit-University, Highland Park, Mac-Groveland, West Side, Union Park



Food Shelves & No-cost Groceries

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Hallie Q Brown Food Shelf

270 N. Kent St., Saint Paul
hallieqbrown.org • 651-224-4607

Salvation Army West

401 W. 7th St., Saint Paul
centralusa.salvationarmy.org • 651-224-4316

Wellstone Center Food Market - Neighborhood House

179 E. Robie St., Saint Paul
neighborhoodhousemn.org • 651-789-3630

Francis Basket Food Market - Neighborhood House

1293 Maynard Drive E. #410, Saint Paul
neighborhoodhousemn.org • 651-699-0986

Keystone Community Services - Midway

1916 University Ave. W., Saint Paul
keystoneservices.org • 651-917-3792

Open Hands Midway - Bethlehem Lutheran Church

436 Roy St. N., Saint Paul
openhandsmidway.org • 651-646-6549

Canasta Familiar

Serves Latino/e community
771 Margaret St., Saint Paul
clues.org • 651-379-4200 Ext. 2

No-cost Meals for All St. Matthew's Catholic Church

510 Hall Ave., Saint Paul
loavesandfishesmn.org • 612-377-9810

Dorothy Day Center

438 Dorothy Day Place, Saint Paul
loavesandfishesmn.org • 612-377-9810

No-cost Meals for Kids 0-18 Years Saint Paul Parks and Recreation

Find a location near you:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Download the Free Meals for Kids app on your smartphone.

Produce Distributions Fresh Produce Distributions - Neighborhood House

Multiple locations in Saint Paul
neighborhoodhousemn.org/food-support
651-789-3630

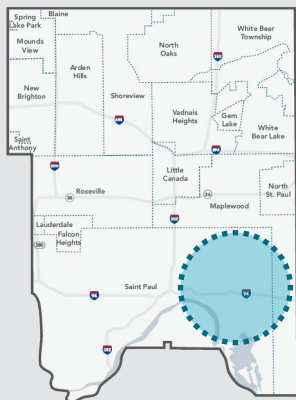
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Resources in Your Neighborhood

Greater East Side, Payne-Phalen, Dayton's Bluff, Battle Creek, Sunray



Food Shelves & No-cost Groceries

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Fishes and Loaves Food Shelf

1505 Burns Ave., Saint Paul
progressivebaptistchurchmn.com • 651-497-5562

Merrick Community Services

merrickcs.org • 651-287-2088

Woodland Hills

1740 Van Dyke St. Door B, Saint Paul

Gustavus Adolphus Church

1669 Arcade St. N., Saint Paul

Conway Community Center

2090 Conway St., Saint Paul
thesannehfoundation.org • 651-690-4855

Fruit of the Vine Food Shelf

1280 Arcade St., Saint Paul
facebook.com/fotvsmpn • 952-595-5980

Salvation Army East

1019 Payne Ave., Saint Paul
centralusa.salvationarmy.org • 651-776-8169

North Saint Paul Food Shelf

2538 E. Seppala Blvd., North Saint Paul
nspfoodshelf.org • 651-770-1309

First Lutheran Church

Wellness Hot Meals & Groceries

463 Maria Ave., Saint Paul
eastsidefirst.com • 651-247-8926

Canasta Familiar

Serves Latino/e community
771 Margaret St., Saint Paul
clues.org • 651-379-4200 Ext. 2

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3864

No-cost Meals for All

Union Gospel Mission

Serves men 18 and older
435 University Ave. E., Saint Paul
ugmtc.org/programs/food-shelter
651-292-1721

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

Find a location near you:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Download the Free Meals for Kids app on your smartphone.

Conway Community Center

2090 Conway St., Saint Paul
thesannehfoundation.org • 651-690-4855

Produce Distributions

Fresh Produce Distributions - Neighborhood House

Multiple locations in Saint Paul
neighborhoodhousemn.org/food-support
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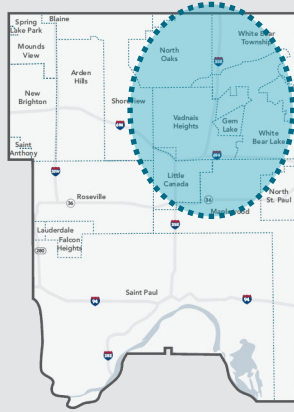
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Resources in Your Neighborhood

Northeast Ramsey County Suburbs:
Maplewood, White Bear Lake,
White Bear Lake Township, Vadnais
Heights, Little Canada, Gem Lake,
North Saint Paul



Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and need IDs or proof of address. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

White Bear Lake Area Emergency Food Shelf

1884 Whitaker St., White Bear Lake
whitebearfoodshelf.org • 651-407-5310

Merrick Community Services

merrickcs.org • 651-287-2088

Woodland Hills

1740 Van Dyke St. Door B, Saint Paul

Gustavus Adolphus Church

1669 Arcade St. N., Saint Paul

Lakewood Salvation Army

2080 Woodlynn Ave., Maplewood
centralusa.salvationarmy.org • 651-779-9177

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
612-245-9259, call between 9 a.m. and 5 p.m.

North Saint Paul Food Shelf

2538 E. Seppala Blvd., North Saint Paul
nspafoodshelf.org • 651-770-1309

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clues.org • 651-379-4200 Ext. 2

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3864

Today's Harvest

5703 Hadley Ave. N., Oakdale
todaysharvestmn.org • 651-409-1005

No-cost Meals for All

Our Redeemer Lutheran Church

1390 Larpenteur Ave. E., Saint Paul
loavesandfishesmn.org • 612-377-9810

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

Find a location near you:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Download the Free Meals for Kids app on your smartphone.

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