



# NRHIAV TAU COV KHOOM NOJ THIAB KHOOM SIV NYOB ZE KOJ

## COV CHAW MUAJ KEV PAB NYOB THOOB PLAWS LUB COUNTY

Muaj ntau cov kev pab cuam los pab txuas koj mus kom tau cov khoom noj uas muaj txiaj ntsig zoo rau lub cev thiab tej khoom siv uas yus xav tau (ntawv siv hauv chav dej, tshuaj txhuam hniav, ntaub qhww pob tw/daim pawj).



### [ramseycounty.us/FoodResources](https://ramseycounty.us/FoodResources)

Saib cov chaw thiab online map muaj cov khoom noj uas muab khaws cia faib rau sawv daws, cov chaw muaj puas noj tsis tau them nyiaj, cov khw muag khoom tshav puam thiab cov chaw faib khoom noj.



### Pab Nrhiav Chaw Muaj Kev Pab (Service Center Navigators)

**651-266-0600** (Muaj neeg pab txhais lus)

Txais tau kev pab mus nrhiav tau Ramsey County cov kev pab.  
Monday–Friday: 8 a.m. – 4:30 p.m.



### NCE KOJ PEEV NYIAJ SIV YUAV KHOO NOJ TXHUA HLI

#### Women, Infants & Children (WIC)

Khoom noj zoo rau lub cev, kev pab tswv yim txog kev noj haus, thiab kev pab txhawb rau qhov muab niam mis pub me nyuam rau cov poj niam uas cev xeeb tub, cov poj niam nyob nruab hlis, cov me nyuam mos thiab cov me nyuam tsis tau muaj 5 xyoos.

(Muaj neeg pab txhais lus)

[ramseycounty.us/wic](https://ramseycounty.us/wic) • **651-266-1300**

#### Supplemental Nutrition Assistance Program (SNAP)

SNAP (food stamps) pab cov neeg uas khwv nyiaj tau los tsawg kom tau cov khoom noj uas zoo rau lub cev uas yog muab cov nyiaj pab yuav khoom noj txhua hli tso rau ntawm ib daim npav EBT card (zoo li ib daim credit card). Yog muaj lus nug thiab yuav ua ntawv thov li cas:

[ramseycounty.us/SNAP](https://ramseycounty.us/SNAP) • **651-266-4444**

#### Fare For All

Yuav tej khoom noj uas txo tus nqi. Nws tsis muaj qhov uas yuav tsum muaj feem los mus koom thiab tsis muaj qhov uas yuav tau rau npe ua ntej. Txais yuav: credit, cash, debit, SNAP/EBT, Market Bucks.

[fareforall.org](https://fareforall.org) • **763-450-3880**

#### Market Bucks

Tau peb npaug ntawm koj cov nyiaj SNAP/EBT nrog Market Bucks. Siv ntau txog \$10 SNAP/EBT, tau ntau txog \$20 dawb Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau. Qhov no yog muaj nyob rau ntawm cov Taj Laj Tshav Puam (Farmers Markets), Fare for All, Twin Cities Mobile Market uas koom rau qhov no

[hungersolutions.org/programs/market-bucks](https://hungersolutions.org/programs/market-bucks)

#### Cov Pluas Noj Pub Dawb rau Me Nyuam Yaus thaum Lub Caj Ntuj Sov

Rub kom ta (download) qhov Hunger Impact Partners app.

[hungerimpactpartners.org/summereats](https://hungerimpactpartners.org/summereats)



### TSHEB THAUJ MUS LOS LOS YOG MUAJ MOB MUS TSIS TAUS

#### Twin Cities Mobile Market

Ib lub khw muag khoom noj nyob hauv lub tsheb npav (bus). Yuav cov khoom noj tus nqi pheej yig ntawm cov chaw lub tsheb npav tuaj nres nyob thoob plaws lub nroog. Txais yuav: credit, cash, debit, SNAP/EBT, Market Bucks. [thefoodgroupmn.org](https://thefoodgroupmn.org) • **763-450-3860**



### TXUAS RAU KHOOM NOJ

#### MN Food HelpLine

Ntaub ntawv qhia paub txog cov chaw muaj kev pab khoom noj xws li SNAP/food stamps, cov khoom noj uas muab khaws cia faib rau sawv daws, cov chaw muaj puas noj tsis tau them nyiaj thiab ntau yam ntxiv.

(Muaj neeg pab txhais lus)

[hungersolutions.org/find-help](https://hungersolutions.org/find-help)

Hu los yog ntaus ntawv (text) **1-888-711-1151**



### RAU COV MUAJ NNUB NYOOG SIAB DUA LOS YOG MUAJ MOB XIAM OOB QHAB

#### Meals on Wheels

Xa cov puas noj tuaj rau cov laus thiab cov muaj hnuv nyoog uas muaj mob xiam oob qhab tsis tau uas nyob hauv tsev, uas yog ib qho kev pab mus sij hawm luv los yog sij hawm ntev.

[meals-on-wheels.com](https://meals-on-wheels.com) • **612-623-3363**

#### Nutrition Assistance Program for Seniors (NAPS)

Cov laus uas muaj feem tau txais kev pab (hnuv nyoog 60 xyoo rov saud) yuav tau txais ib pob ntawm cov khoom noj txo ntawm txee, xws li cov txiv hmab txiv ntoo ntim hauv poom, zaub, nqajj thiab noob npleg. Hu nug seb puas muaj feem tau txais thiab kom nrhiav tau qhov chaw.

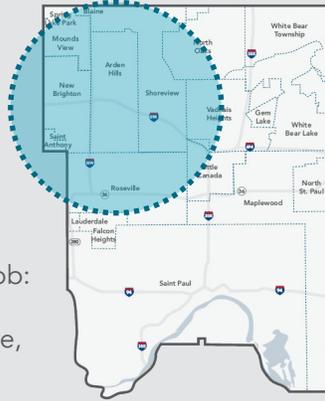
[agencies.2harvest.org/naps](https://agencies.2harvest.org/naps)

**651-484-8241** • [naps@2harvest.org](mailto:naps@2harvest.org)



**Cov Chaw Muaj  
Kev Pab hauv Cheeb  
Tsam Nyob Ze Koj**

Ntug nroog qaum teb hnuv poob:  
New Brighton, Mounds View,  
Shoreview, Arden Hills, Roseville,  
North Oaks, Falcon Heights



**Cov Plus Noj Tsis Tau Them Nyiaj  
rau Cov Me Nyuam 0-18 Xyooss  
Saint Paul Parks and Recreation**

Nrhiav ib qhov chaw uas nyob ze koj:

- [spps.org/SummerMeals](https://spps.org/SummerMeals)
- [tinyurl.com/8c3mcajs](https://tinyurl.com/8c3mcajs) (City of Saint Paul)
- Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.

**Cov Khoom Noj Uas Muab Khaws Cia  
Faib Rau Sawv Daws & Cov Khoom Noj  
Tsis Tau Them Nyiaj**

Muaj ib cov khoom noj uas muab khaws cia faib rau sawv daws mas yuav tsum yog koj nyob rau thaj tsam ntawd thiaj mus nqa tau yog li koj yuav tau muaj ntawv pov thawj chaw nyob los yog daim npav ID. Hu ua ntej seb lawv cov cai kom muaj daim npav ID yog li cas, cov xuaj moos qhib thiab lwm yam. Tej zaum kuj muaj xa tuaj ntawm koj tsev.

**Ralph Reeder Food Shelf Program**

2544 Mounds View Blvd., Mounds View  
[moundsviewschools.org/Domain/75](https://moundsviewschools.org/Domain/75) • 651-621-6280

**St. John the Baptist Catholic Church**

835 2<sup>nd</sup> Ave. NW, New Brighton  
[stjohnb.com](https://stjohnb.com) • 651-633-8333

**Keystone Community Services - Rice Street**

1459 Rice St. Ste. 3, Saint Paul  
[keystoneservices.org](https://keystoneservices.org) • 651-487-2792

**Vadnais Heights Lions Club Food Shelf**

655 County Road F E., Vadnais Heights  
[e-clubhouse.org/sites/vadnaishts](https://e-clubhouse.org/sites/vadnaishts) • 612-245-9259  
Hu xov tooj mus sij hawm 9 a.m. mus txog 5 p.m.

**Taj Laj Tshav Puam (Farmers Markets)**

Mus yuav cov khoom noj ua tau los hauv lub zej zos nyob rau ntawm ib lub taj laj tshav puam nyob ze koj. Nrhiav ib lub taj laj uas txais yuav SNAP/EBT/Market Bucks. Siv kom ntau txog \$10 SNAP/ EBT, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.

[tinyurl.com/225hrsza](https://tinyurl.com/225hrsza) (Hunger Solutions)



**Cov Chaw Muaj  
Kev Pab hauv Cheeb  
Tsam Nyob Ze Koj**

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



**Cov Khoom Noj Uas Muab Khaws Cia Faib  
Rau Sawv Daws & Cov Khoom Noj Tsis Tau  
Them Nyiaj**

Muaj ib cov khoom noj uas muab khaws cia faib rau sawv daws mas yuav tsum yog koj nyob rau thaj tsam ntawd thiaj mus nqa tau yog li koj yuav tau muaj ntawv pov thawj chaw nyob los yog daim npav ID. Hu ua ntej seb lawv cov cai kom muaj daim npav ID yog li cas, cov xuaj moos qhib thiab lwm yam. Tej zaum kuj muaj xa tuaj ntawm koj tsev.

**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

**Open Hands Midway - Bethlehem Lutheran Church**

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

**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

**Cov Plusas Noj Tsis Tau Them Nyiaj rau  
Txhua Tus**

**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**

Cov chaw yuav sib txawv  
ctdFNA@gmail.com • 651-236-8699  
Nrhiav ntawm Facebook

**Cov Plusas Noj Tsis Tau Them Nyiaj rau  
Cov Me Nyuam 0-18 Xyooss**

**Saint Paul Parks and Recreation**

Nrhiav ib qhov chaw uas nyob ze koj:

- [spps.org/SummerMeals](http://spps.org/SummerMeals)
- [tinyurl.com/8c3mcajs](http://tinyurl.com/8c3mcajs) (City of Saint Paul)
- Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.

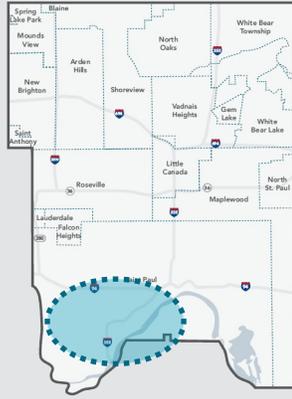
**Taj Laj Tshav Puam (Farmers Markets)**

Mus yuav cov khoom noj ua tau los hauv lub zej zos nyob rau ntawm ib lub taj laj tshav puam nyob ze koj. Nrhiav ib lub taj laj uas txais yuav SNAP/EBT/Market Bucks. Siv kom ntau txog \$10 SNAP/ EBT, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.  
[tinyurl.com/225hrsza](http://tinyurl.com/225hrsza) (Hunger Solutions)



## Cov Chaw Muaj Kev Pab hauv Cheeb Tsam Nyob Ze Koj

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



## Cov Khoom Noj Uas Muab Khaws Cia Faib Rau Sawv Daws & Cov Khoom Noj Tsis Tau Them Nyiaj

Muaj ib cov khoom noj uas muab khaws cia faib rau sawv daws mas yuav tsum yog koj nyob rau thaj tsam ntawd thiaj mus nqa tau yog li koj yuav tau muaj ntawv pov thawj chaw nyob los yog daim npav ID. Hu ua ntej seb lawv cov cai kom muaj daim npav ID yog li cas, cov xuaj moos qhib thiab lwm yam. Tej zaum kuj muaj xa tuaj ntawm koj tsev.

### 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 • 651-789-2534

### 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

## Cov Plas Noj Tsis Tau Them Nyiaj rau Txhua Tus

### 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

## Cov Plas Noj Tsis Tau Them Nyiaj rau Cov Me Nyuam 0-18 Xyooss

### Saint Paul Parks and Recreation

Nrhiav ib qhov chaw uas nyob ze koj:

- [spps.org/SummerMeals](https://spps.org/SummerMeals)
- [tinyurl.com/8c3mcajs](https://tinyurl.com/8c3mcajs) (City of Saint Paul)
- Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.

## Faib Cov Khoom Noj Ua Tau Los Faib Cov Khoom Noj Ua Tau Los Tshiab - Neighborhood House

Muaj ntau qhov chaw hauv Saint Paul  
[neighborhoodhousemn.org/food-support](https://neighborhoodhousemn.org/food-support)  
651-789-3630

## Taj Laj Tshav Puam (Farmers Markets)

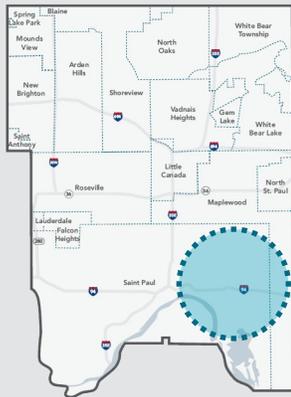
Mus yuav cov khoom noj ua tau los hauv lub zej zos nyob rau ntawm ib lub taj laj tshav puam nyob ze koj. Nrhiav ib lub taj laj uas txais yuav SNAP/EBT/Market Bucks. Siv kom ntau txog \$10 SNAP/ EBT, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.

[tinyurl.com/225hrsza](https://tinyurl.com/225hrsza) (Hunger Solutions)



**Cov Chaw Muaj  
Kev Pab hauv Cheeb  
Tsam Nyob Ze Koj**

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



**Cov Khoom Noj Uas Muab Khaws Cia Faib  
Rau Sawv Daws & Cov Khoom Noj Tsis Tau  
Them Nyiaj**

Muaj ib cov khoom noj uas muab khaws cia faib rau sawv daws mas yuav tsum yog koj nyob rau thaj tsam ntawd thiaj mus nqa tau yog li koj yuav tau muaj ntawm pov thawj chaw nyob los yog daim npav ID. Hu ua ntej seb lawv cov cai kom muaj daim npav ID yog li cas, cov xuaj moos qhib thiab lwm yam. Tej zaum kuj muaj xa tuaj ntawm koj tsev.

**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/fotvspmn • 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  
nspafoodshelf.org • 651-770-1309

**First Lutheran Church  
Wellness Hot Meals & Groceries**

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

**Cov Pluas Noj Tsis Tau Them Nyiaj  
rau Txhua Tus**

**Union Gospel Mission**

Pab rau cov txiv neej 18 xyoos thiab siab dua ntawd

435 University Ave. E., Saint Paul  
ugmtc.org/programs/food-shelter • 651-292-1721

**Cov Pluas Noj Tsis Tau Them Nyiaj  
rau Cov Me Nyuam 0-18 Xyooss**

**Saint Paul Parks and Recreation**

Nrhiav ib qhov chaw uas nyob ze koj:

- [spps.org/SummerMeals](http://spps.org/SummerMeals)
- [tinyurl.com/8c3mcajs](http://tinyurl.com/8c3mcajs) (City of Saint Paul)
- Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.

**Conway Community Center**

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

**Faib Cov Khoom Noj Ua Tau Los  
Faib Cov Khoom Noj Ua Tau Los Tshiab -  
Neighborhood House**

Muaj ntau qhov chaw hauv Saint Paul  
[neighborhoodhousemn.org/food-support](http://neighborhoodhousemn.org/food-support)  
651-789-3630

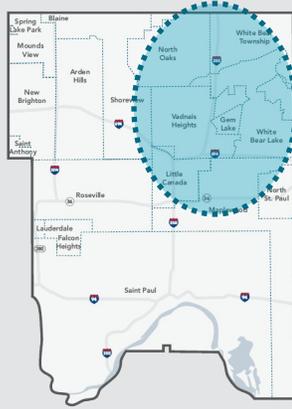
**Taj Laj Tshav Puam (Farmers Markets)**

Mus yuav cov khoom noj ua tau los hauv lub zej zos nyob rau ntawm ib lub taj laj tshav puam nyob ze koj. Nrhiav ib lub taj laj uas txais yuav SNAP/ EBT/Market Bucks. Siv kom ntau txog \$10 SNAP/ EBT, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.  
[tinyurl.com/225hrsza](http://tinyurl.com/225hrsza) (Hunger Solutions)



## Cov Chaw Muaj Kev Pab hauv Cheeb Tsam Nyob Ze Koj

Ntug nroog qaum teb hnuv tuaj:  
Maplewood, White Bear Lake,  
White Bear Lake Township, Vadnais  
Heights, Little Canada, Gem Lake,  
North Saint Paul



## Cov Khoom Noj Uas Muab Khaws Cia Faib Rau Sawv Daws & Cov Khoom Noj Tsis Tau Them Nyiaj

Muaj ib cov khoom noj uas muab khaws cia faib rau sawv daws mas yuav tsum yog koj nyob rau thaj tsam ntawd thiaj mus nqa tau yog li koj yuav tau muaj ntawv pov thawj chaw nyob los yog daim npav ID. Hu ua ntej seb lawv cov cai kom muaj daim npav ID yog li cas, cov xuaj moos qhib thiab lwm yam. Tej zaum kuj muaj xa tuaj ntawm koj tsev.

### 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

### Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights  
e-clubhouse.org/sites/vadnaishts • 612-245-9259  
Hu xov tooj mus sij hawm 9 a.m. mus txog 5 p.m.

### Lakewood Salvation Army

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

### North Saint Paul Food Shelf

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

### Today's Harvest

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

## Cov Pluas Noj Tsis Tau Them Nyiaj rau Txhua Tus

### Our Redeemer Lutheran Church

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

## Cov Pluas Noj Tsis Tau Them Nyiaj rau Cov Me Nyuam 0-18 Xyooss

### Saint Paul Parks and Recreation

Nrhiav ib qhov chaw uas nyob ze koj:

- [spps.org/SummerMeals](https://spps.org/SummerMeals)
- [tinyurl.com/8c3mcajs](https://tinyurl.com/8c3mcajs) (City of Saint Paul)
- Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.

## Taj Laj Tshav Puam (Farmers Markets)

Mus yuav cov khoom noj ua tau los hauv lub zej zos nyob rau ntawm ib lub taj laj tshav puam nyob ze koj. Nrhiav ib lub taj laj uas txais yuav SNAP/EBT/Market Bucks. Siv kom ntau txog \$10 SNAP/ EBT, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.

[tinyurl.com/225hrsza](https://tinyurl.com/225hrsza) (Hunger Solutions)



[ramseycounty.us/FoodResources](https://ramseycounty.us/FoodResources)

