



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 qhwv pob tw/daim pawj).



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 • 651-266-1300



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

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 • 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 • 763-450-3880

Market Bucks

Tau peb npaug ntawm koj cov nyiaj SNAP nrog Market Bucks. Siv ntau txog \$10 SNAP, 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

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

Rub kom ta (download) qhov Hunger Impact Partners app. hungerimpactpartners.org/summereats



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 • 612-623-3363

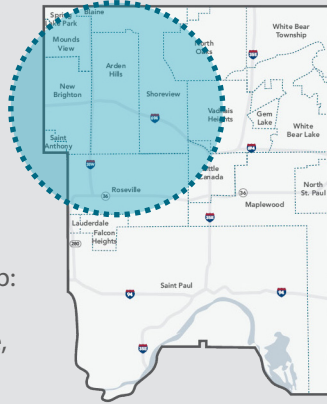
Nutrition Assistance Program for Seniors (NAPS)

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, nqaij thiab noob npleg. Hu nug seb puas muaj feem tau txais thiab kom nrhiav tau qhov chaw. agencies.2harvest.org/naps 651-484-8241 • 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**

Rub kom tau (download) qhov Free Meals for Kids
app nyob ntawm koj lub smartphone.
hungerimpactpartners.org/summereats

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 Market
Bucks. Siv kom ntau txog \$10 SNAP, tau \$20 Market
Bucks los mus siv rau SNAP cov khoom noj thiab
khoom ua tau uas pub yuav tau.
hungersolutions.org/programs/market-bucks

**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
communityed.mvpschools.org/food/ralph-reeder
651-621-6280

St. John the Baptist Catholic Church

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

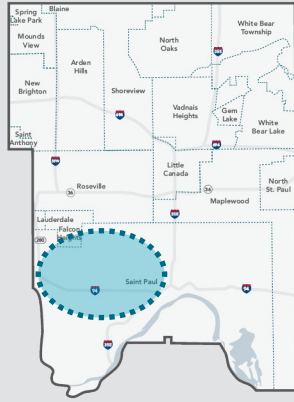
Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts · 651-246-3638
Hu xov tooj mus sij hawm 9 a.m. mus txog 5 p.m.



**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 Food Center

1800 University Ave W., Saint Paul
keystoneservices.org/food-shelf

Comet's Cupboard - Concordia University

csp.edu/student-services/cometscupboard
651-641-8261

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

Frogtown Food Distribution

643 Virginia St., Saint Paul
thesannehfoundation.org • 651-690-4855

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

Food Distribution, Hancock Elementary

1610 Hubbard Ave, Saint Paul 55104

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

Shobi's Table

shobistable.org

Rice and Larpenteur

1657 Rice Street, Saint Paul

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

Rub kom tau (download) qhov Free Meals for Kids
app nyob ntawm koj lub smartphone.
hungerimpactpartners.org/summereats

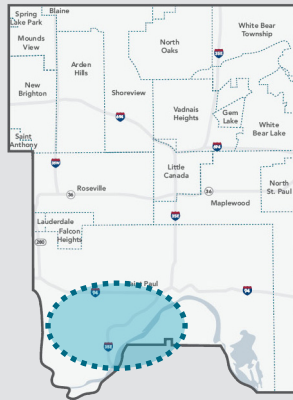
Taj Laj Tshav Puam (Farmers Markets)

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/Market Bucks.
Siv kom ntau txog \$10 SNAP, tau \$20 Market Bucks los
mus siv rau SNAP cov khoom noj thiab khoom ua tau uas
pub yuav tau.
hungersolutions.org/programs/market-bucks



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

Neighborhood House on Montreal Food Market

1080 Montreal Ave, Saint Paul
neighborhoodhousemn.org/food-markets · 651-699-3600

Wellstone Center Food Market - Neighborhood House

179 E. Robie St., Saint Paul
neighborhoodhousemn.org/food-markets · 651-789-2534

Open Hands Midway - Bethlehem Lutheran Church

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

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

Rub kom tau (download) qhov Free Meals for Kids app nyob ntawm koj lub smartphone.
hungerimpactpartners.org/summereats

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
651-789-3630

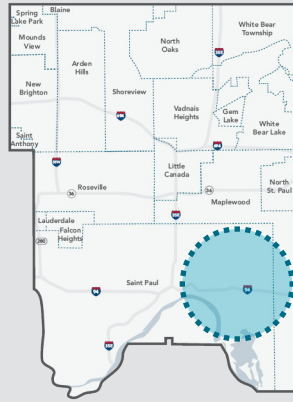
Taj Laj Tshav Puam (Farmers Markets)

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/Market Bucks. Siv kom ntau txog \$10 SNAP, tau \$20 Market Bucks los mus siv rau SNAP cov khoom noj thiab khoom ua tau uas pub yuav tau.
hungersolutions.org/programs/market-bucks



**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

Woodland Hills
1740 Van Dyke St. Door B, Saint Paul
Gustavus Adolphus Church
1669 Arcade St. N., Saint Paul
merrickcs.org · 651-287-2088

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

2266 2nd St. N., North Saint Paul
nspafoodshelf.org · 651-770-1309

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

Union Gospel Twin Cities Men's Campus
Pab rau cov txiv neej 18 xyoos thiab siab
dua ntawd

435 University Ave. E., Saint Paul
ugmtc.org/food-shelter · 651-288-1800

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

Rub kom tau (download) qhov Free Meals for Kids
app nyob ntawm koj lub smartphone.
hungerimpactpartners.org/summereats

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
651-789-3630

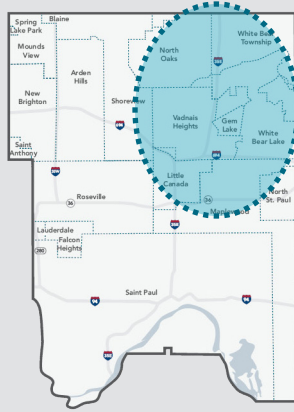
Taj Laj Tshav Puam (Farmers Markets)

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Nrhiav ib lub taj laj uas txais yuav SNAP/Market Bucks.
Siv kom ntau txog \$10 SNAP, tau \$20 Market Bucks los
mus siv rau SNAP cov khoom noj thiab khoom ua tau
uas pub yuav tau.
hungersolutions.org/programs/market-bucks



**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 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**

Rub kom tau (download) qhov Free Meals for Kids
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hungerimpactpartners.org/summereats

**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

Woodland Hills
1740 Van Dyke St. Door B, Saint Paul
Gustavus Adolphus Church
1669 Arcade St. N., Saint Paul
merrickcs.org • 651-287-2088

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts • 651-246-3638
Hu xov tooj mus sij hawm 9 a.m. mus txog 5 p.m.

Lakewood Salvation Army

2080 Woodlynn Ave., Maplewood
centralusa.salvationarmy.org • 651-770-0282

North Saint Paul Food Shelf

2266 2nd St. N., North Saint Paul
nspfoodshelf.org • 651-770-1309

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.
hungersolutions.org/programs/market-bucks



ramseycounty.us/FoodResources

