

NYAATA FI DHIYEESII MURTEESSOO NANNOO KEE JIRAN BARBAADI

BU'UURAALEE GUUTUMMAA BIYYAA KEESSATTI ARGAMU

Nyaata fayyaalessaa fi madaalawaa akkasumas meeshaalee bu'uura kanneen akka (waraqaa mana fincaanii, saamunaa ilkaanii, daayipparii) akka argattaniif kan wali sin qunnamsiisu sagantaaleen garaa garaa jiru.



ramseycounty.us/FoodResources

Qabeenyota jiran ilaali fi kaartaa bakka taa'umsa nyaataa kallattin intarneeta irra, bakka argama nyaataa kaffaltii malee, gabaa qonnaan bultootaa fi bakka raabsaa oomishaa.



Service Center Navigators (Geggeessa Tajaajila Giddu galaa) 651-266-0600

Tajaajila Ramsey County argachuuf gargaarsa argadhaa. Wiixataa-Jimaataa:
8 a.m. – 4:30 p.m. (Namoonni afaan hiikan jiru)



BAJATA NYAATAA KEESSANII KAN JI'AA DABALAA

Women, Infants & Children (WIC)

Nyaata fayya qabeessa, gorsa nyaataa, fi deeggarsa harma hoosisuu dubartoota ulfaa, dahumsa boodaa, ijoollee reefuu dhalatanii fi ijoollee umrii 5 gadii.

(Namoonni afaan hiikan jiru)

ramseycounty.us/wic • 651-266-1300

Supplemental Nutrition Assistance Program (SNAP)

SNAP (chaappaa nyaataa) namoota galii gadi bu'aa qabaniif bu'aa nyaataa ji'atti kaardii ETB (akka kireedit kaardii) kan dhiyeessuu dha.

Gaaffiilee fi akkamitti akka galmaa'aniif:

ramseycounty.us/SNAP • 651-266-4444

Fare For All

Shaqaxoota gara garaa gatii gadi bu'aan bitadhaa. Irratti hirmaachuuf ulaagaa fi dursa galmaa'uu kamiyyuu hin barbaachisu. Kan fudhattan: liqaan, qarshiin, baasiin, SNAP/EBT, Market Bucks.

fareforall.org • 763-450-3880

Market Bucks

Market Bucks'tti fayyadamuudhaan SNAP/EBT keessan dachaa sadiin akka dabalu godhaa. SNAP/EBT irratti \$10 baasii gochuudhaan, soorataalee fi oomishaalee SNAP'f ulaagaa guutan irratti Market Bucks baasii gochuu dandeessan hamma \$20 ta'u bilisaan argadhaa. Gabaawwan Qonnaan Bultootaa, Fare for All, Twin Cities Mobile Market qooda fudhatan biratti ni argama. hungersolutions.org/programs/market-bucks

Ganna Nyaata-kaffaltii hin qabnee daa'immaniif

Appilikeeshinii Hunger Impact Partners buufadhaa.

hungerimpactpartners.org/summereats



DHORKAAWWAN GEEJJIBAA YOOKAAN SOCHII

Twin Cities Mobile Market

Suuqiin girooserii baasii irra dha. Bakka metrotti dhaabachuun gatii madaalaman shaqaxoota bitachuu dandeessa. Kaffaltiif: kaardii kireeditii, maallaqa callaa, kaardii deebitii, SNAP/EBT, Market Bucks.

thefoodgroupmn.org • 763-450-3860



NYAATA ARGADHAA

MN Food HelpLine

Odeeffannoo waa'ee qabeenya nyaataa SNAP/chaappa nyaataa, bakka taa'umsa nyaataa, bakka kaffaltii malee nyaatamu fi kan biroo dabalata.

(Namoonni afaan hiikan jiru)

hungersolutions.org/find-help

1-888-711-1151 irratti bilbilaa ykn ergaa nuuf kaa'aa.



NAMOOTAA UMRIIN DEEMANIIF YOOKAAN DARGAGGOOTA QAAMA MIIDHAMOOF

Meals on Wheels

Yeroo gabaabaa yookiin yeroo dheeraa irratti hundaa'uun nyaata madaalawaa namoota umuriin gameeyyii ta'anii fi qaama miidhamoo ta'aniif geessuu.

meals-on-wheels.com • 612-623-3363

Nutrition Assistance Program for Seniors (NAPS)

Gameeyyiin (waggaa 60 + olii) ulaagaa guutan, huduraalee, kuduraalee, fooni fi midhaan dheedhii xaasadhaan saamsame dabalatee nyaata saamsamee olkaa'ame ni argatu. Ulaagaa guutu fi dhiisuu adda baasu fi bakka isaa baruuf bilbilaa.

agencies.2harvest.org/naps

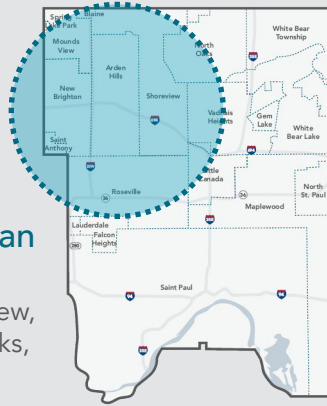
651-484-8241 • naps@2harvest.org

Oromo - August 2023



Meeshaalee/wantootaa Ollaa keessan Keessa Jiran

Naannoo Kaaba Lixaa: New Brighton, Mounds View, Shoreview, Arden Hills, Roseville, North Oaks, Falcon Heights



Gabaa Qonnaan Bultootaa

Soorataalee gabaa qonnaan bultootaa naannoo keessan jiran keessatti oomishaman bitadhaa. Gabaa SNAP/EBT/Market Bucks kaffaltiif fudhachuu danda'an barbaaddadhaa. SNAP/ EBT \$10 hin caalle fayyadamuudhaan, Soorataalee fi oomishaalee SNAP'f ulaagaa guutan irratti Market Bucks baasii gochuu dandeessan hamma \$20 ta'u argadhaa. tinyurl.com/225hrsza (Hunger Solutions)

Bakka nyaata irra kaa'anii fi Girooseriif kaffaltii hin qabu

Bakki nyaata irra kaa'an muraasni bakka tajaajila daangeffame ni qabu fi mirkaneessa teessoo yookaan Waraqaa eenyummaa gaafatu. Waraqaa eenyummaa barbaachisu, yeroo fi odeeffannoo haara'eef bal'ina isaaf bilbilaa. Tajaajilli dhaqqabsiisuu jiraachuu danda'a.

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, 9 a.m. fi 5 p.m gidduutti bilbilaa

Ijoollee wagga 0-18 gidduuf kaffaltiin hin jiru

Saint Paul Parks and Recreation

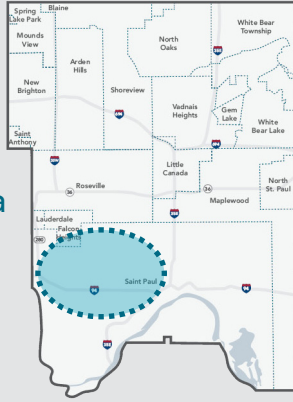
Teessoo isaanii isinitti dhiyoo jiru barbaaddadhaa:

- spps.org/SummerMeals
- tinyurl.com/8c3mcjs (City of Saint Paul)
- Appilikeeshinii Free Meals for Kids bilbila gamnaa keessan irratti buufadhaa.



Meeshaalee/wantootaa Ollaa keessan Keessa Jiran

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



Bakka nyaata irra kaa'anii fi Girooseriif kaffaltii hin qabu

Bakki nyaata irra kaa'an muraasni bakka tajaajila
daangeffame ni qabu fi mirkaneessa teessoo yookaan
Waraqaa eenyummaa gaafatu. Waraqaa eenyummaa
barbaachisu, yeroo fi odeeffannoo haara'eef bal'ina isaaf
bilbilaa. Tajaajilli dhaqqabsiisuu jiraachuu danda'a.

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
Facebook Irratti Nu Argadhaa

Hundaaf kaffaltiin nyaataa hin jiru

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

Teesoon hedduudha
ctdFNA@gmail.com • 651-236-8699
Facebook Irratti Nu Argadhaa

Ijoollee waggaa 0-18 gidduuf kaffaltiin hin jiru

Saint Paul Parks and Recreation

Teesoo isaanii isinitti dhiyoo jiru barbaaddadhaa:

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- tinyurl.com/8c3mcajs (City of Saint Paul)
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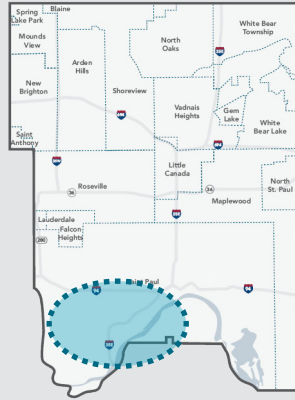
Gabaa Qonnaan Bulootaa

Soorataalee gabaa qonnaan bulootaa naannoo
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SNAP'f ulaagaa guutan irratti Market Bucks baasii
gochuu dandeessan hamma \$20 ta'u argadhaa.
tinyurl.com/225hrsza (Hunger Solutions)



Meeshaalee/wantootaa Ollaa keessan Keessa Jiran

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



Bakka nyaata irra kaa'anii fi Girooseriif kaffaltii hin qabu

Bakki nyaata irra kaa'an muraasni bakka tajaajila
daangeffame ni qabu fi mirkaneessa teessoo yookaan
Waraqaa eenyummaa gaafatu. Waraqaa eenyummaa
barbaachisu, yeroo fi odeeffannoo haara'eef bal'ina isaaf
bilbilaa. Tajaajilli dhaqqabsiisuu jiraachuu danda'a.

Hallie Q Brown Food Shelf

270 N. Kent St., Saint Paul
hallieqbrown.org • 651-224-4606

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

Hundaaf kaffaltiin nyaataa hin jiru

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

Ijoollee wagga 0-18 gidduuf kaffaltiin hin jiru

Saint Paul Parks and Recreation

Teessoo isaanii isinitti dhiyoo jiru barbaaddadhaa:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Appilikeeshinii Free Meals for Kids bilbila
gamnaa keessan irratti buufadhaa.

Raabsaa Oomishaalee

Raabsaa Oomishaalee Dheedhii – Neighborhood House

Saint Paul keessaa bakka baayyeetti argamna
neighborhoodhousemn.org/food-support
651-789-3630

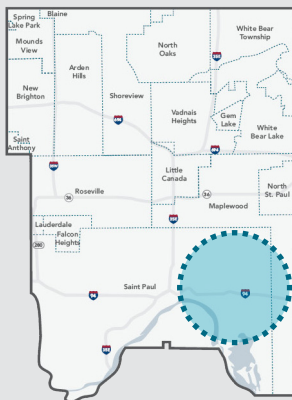
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tinyurl.com/225hrsza (Hunger Solutions)



Meeshaalee/wantootaa Ollaa keessan Keessa Jiran

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



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isaaf bilbilaa. Tajaajilli dhaqqabsiisuu jiraachuu danda'a.

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, 55106

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

Hundaaf kaffaltiin nyaataa hin jiru

Our Redeemer Lutheran Church

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

Union Gospel Mission

Tajaajila dhiirotaa umrii 18 fi isaa olii
435 University Ave. E., Saint Paul
ugmtc.org/programs/food-shelter • 651-292-1721

Ijoollee waggaa 0-18 gidduuf kaffaltiin hin jiru

Saint Paul Parks and Recreation

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neighborhoodhousemn.org/food-support
651-789-3630

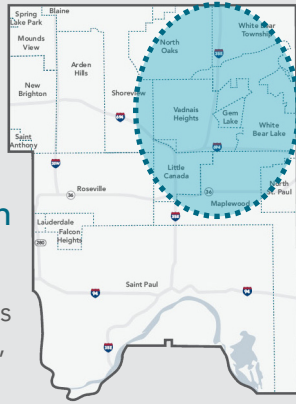
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tinyurl.com/225hrsza (Hunger Solutions)



Meeshaalee/wantootaa Ollaa keessan Keessa Jiran

Naannoo Kaaba Bahaa:
Maplewood, White Bear Lake,
White Bear Lake Township, Vadnais
Heights, Little Canada, Gem Lake,
North Saint Paul



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barbaachisu, yeroo fi odeeffannoo haara'eef bal'ina
isaaf bilbilaa. Tajaajilli dhaqqabsiisuu jiraachuu danda'a.

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, 9 a.m. fi 5 p.m gidduutti bilbilaa

North Saint Paul Food Shelf

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

Today's Harvest

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

Hundaaf kaffaltiin nyaataa hin jiru

Our Redeemer Lutheran Church

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

Ijoollee waggaa 0-18 gidduuf kaffaltiin hin jiru

Saint Paul Parks and Recreation

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barbaaddadhaa:

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bitadhaa. Gabaa SNAP/EBT/Market Bucks
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SNAP/ EBT \$10 hin caalle fayyadamuudhaan,
Soorataalee fi oomishaalee SNAP'f ulaagaa
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ramseycounty.us/FoodResources

