

NYAATA FI DHIYEESII MURTEESSOO NANNOO KEE JIRAN BARBAADI

BU'UURAALEE GUUTUMMAA BIYYAA KEESSATTI ARGAMU

Nyaata fayyaaleessa fi madaalawaa akkasumas meeshaalee bu'uura kanneen akka (waraqaa mana fincaanii, saamunaa ilkaanii, daayippiirii) 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.

Gaaffilee 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 keessan dachaa sadiin akka dabaluu godhaa. SNAP 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

Ijoollee waggaa 0-18 gidduuf kaffaltiin hin jiru

Appilikeeshinii Free Meals for Kids bilbila gamnaa keessan irratti buufadhaa. hungerimpactpartners.org/summereats



DHORKAAWWAN GEEJJIBAA YOOKAAN SOCHII

Twin Cities Mobile Market

Suuqiin girooserii baasii irra dha. Bakka metrotti dhaabachuun gatii madaalamaan shaqaxoota bitachuu dandeessa. Kaffaltii: kaardii kireeditii, maallaqa callaa, kaardii deebitii, SNAP, 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.



NAMOOTA 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.

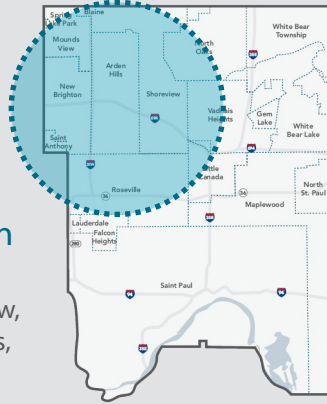
agencies.2harvest.org/naps

651-484-8241 • naps@2harvest.org



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/Market Bucks kaffaltiif fudhachuu danda'an barbaaddadhaa. SNAP \$10 hin caalle fayyadamuudhaan, Soorataalee fi oomishaalee SNAP'f ulaagaa guutan irratti Market Bucks baasii gochuu dandeessan hamma \$20 ta'u argadhaa. hungersolutions.org/programs/market-bucks

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

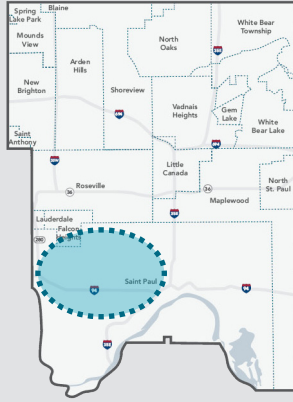
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Appilikeeshinii Free Meals for Kids bilbila gamnaa keessan irratti buufadhaa.
hungerimpactpartners.org/summereats



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

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Open Hands Midway - Bethlehem Lutheran Church

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

Keystone Community Food Center

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

The Midway Food and Empowerment Project

1610 Hubbard Ave., Saint Paul
hamlinemidway.org/TheMidwayProject • 612-470-2247

Frogtown Food Distribution

643 Virginia St., Saint Paul
thesannehfoundation.org/programs/nutritional-services
651-690-4855

Comet’s Cupboard - Concordia University

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

Masjid At-Taqwa Food Shelf

1608 Como Ave., Saint Paul
masmn.org/social-service

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

Food Distribution - Hancock Elementary

1610 Hubbard Ave., Saint Paul

Hundaaf kaffaltiin nyaataa hin jiru

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

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

Ijoollee waggaa 0-18 gidduuf kaffaltiin hin jiru

Appilikeeshinii Free Meals for Kids bilbila gamnaa keessan irratti buufadhaa.
hungerimpactpartners.org/summereats

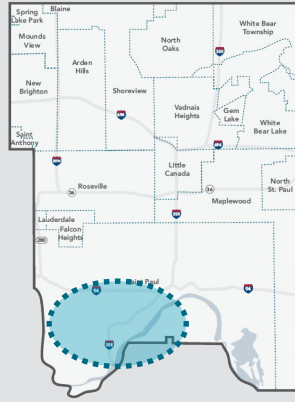
Gabaa Qonnaan Bultootaa

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hungersolutions.org/programs/market-bucks



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

Neighborhood House on Montreal Food Market

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

Francis Basket Food Market - Neighborhood House

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

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 waggaa 0-18 gidduuf kaffaltiin hin jiru

Appilikeeshinii Free Meals for Kids bilbila gamnaa keessan irratti buufadhaa.
hungerimpactpartners.org/summereats

Raabsaa Oomishaalee

Raabsaa Oomishaalee Dheedhii – Neighborhood House

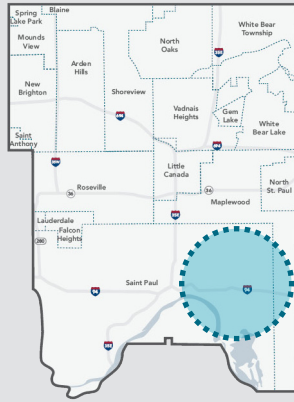
Saint Paul keessaa bakka baayyeetti argamna
neighborhoodhousemn.org/food-support
651-789-3630

Gabaa Qonnaan Bultootaa

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hungersolutions.org/programs/market-bucks



Meeshaalee/wantootaa
Ollaa keessan Keessa Jiran
Greater East Side, Payne-
Phalen, Dayton's Bluff, Battle
Creek, Sunray



Bakka nyaata irra kaa'anii fi Girooseriif kaffaltii hin qabu

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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, 55106
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
nspafodshelf.org • 651-770-1309

Hundaaf kaffaltiin nyaataa hin jiru

Our Redeemer Lutheran Church

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

Union Gospel Mission Men's Campus

Tajaajila dhiirotaa umrii 18 fi isaa olii
435 University Ave. E., Saint Paul
ugmtc.org/programs/food-shelter • 651-228-1800

Ijoollee wagga 0-18 gidduuf kaffaltiin hin jiru

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hungerimpactpartners.org/summereats

Raabsaa Oomishaalee

Raabsaa Oomishaalee Dheedhii –
Neighborhood House
Saint Paul keessaa bakka baayyeetti argamna
neighborhoodhousemn.org/food-support
651-789-3630

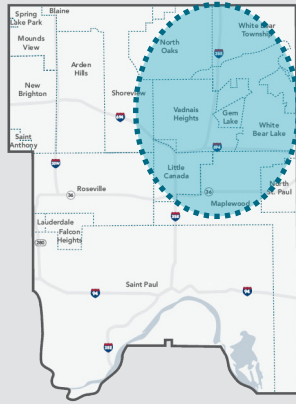
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hungersolutions.org/programs/market-bucks



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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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

Lakewood Salvation Army

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

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
651-246-3638, 9 a.m. fi 5 p.m gidduutti bilbilaa

North Saint Paul Food Shelf

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

Hundaaf kaffaltiin nyaataa hin jiru

Our Redeemer Lutheran Church

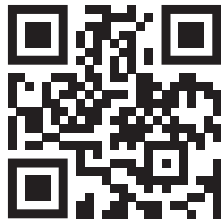
1390 Larpenteur Ave. E., Saint Paul
loavesandfishesmn.org · 612-377-9810

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hungersolutions.org/programs/market-bucks



ramseycounty.us/FoodResources

