

HEL CUNTADA IYO KHEYRAADKA AASAASIGA AH EE KUU DHOW

ILOOYIN DALKA OO DHAN

Barnaamijyo dhawr ah ayaa jira oo kaa caawinaya in aad hesho cunto caafimaad ah, cunto nafaqo leh iyo alaabta daruuriga ah (xafaayadda musqusha, dawada cadayga, xafaayado).



ramseycounty.us/FoodResources

Ka eeg kheyraadka iyo khariidada onlayn-ka ah ee khaanadaha cuntada, goobaha cuntada ee bilaashka ah, suuqyada beeralayda



Service Center Navigators (Jiheeyaha Xarunta Adeegga) 651-266-0600

Hel caawimaadda gelitaanka adeegyada Degmada Ramsey County. Isniin-Jimce:
8 a.m.– 4:30 p.m. (Turjumaan baa la heli karaa)



KORDHI MIISAANIYADAADA CUNTADA EE BILLAHA

Women, Infants & Children (WIC)

Cunto caafimaad leh, la-talin nafaqo, iyo taageero naasnuujin ah oo loogu talagalay uurka, haweenka umusha ah, dhallaanka iyo carruurta ka yar 5 jir.
(Turjumaan baa la heli karaa)

ramseycounty.us/wic • 651-266-1300

Supplemental Nutrition Assistance Program (SNAP)

SNAP (Kuubanada Cuntada) waxay ka caawisaa dadka dakhligoodu yar yahay inay helaan cunto nafaqo leh iyaga oo ku soo shuba manfaco cunto bille ah kaarka EBT (sida kaarka deynta).

Wixii su'aalo ah iyo sida loo dalbanayo:

ramseycounty.us/SNAP • 651-266-4444

Fare For All

Ku iibso raashinka qiimo jaban. Ma jiraan wax shuruudooyin ah ee ka qaybqaadashada mana jirto isdiwaangelin hore. La oggol yahay: deyn, lacag caddaan ah, dhigaal, SNAP/EBT, Market Bucks.

fareforall.org • 763-450-3880

Market Bucks

Saddex laab lacag bixinta SNAP/EBT oo leh Market Bucks. Ku bixi ilaa \$10 gudaha SNAP/EBT, ka hel ilaa \$20 oo bilaash ah Market Bucks si aad ugu kharash garayso SNAP cuntooyinka u qalma iyo wax soosaarka. Waxa laga heli karaa Suuqyada Beeralayda ee ka qayb qaadanaya, Fare for All, Twin Cities Mobile Market
hungersolutions.org/programs/market-bucks

Cuntooyinka Bilaashka ah ee Xagaaga ee Carruurta

La soo deg Hunger Impact Partners app.

hungerimpactpartners.org/summereats



GAADIIDKA AMA CAQABADAHA ISU-SOCODKA

Twin Cities Mobile Market

Dukaan raashin oo saaran bas. Ka iibso cuntooyin jaban meelaha joogsiga ee agagaarka metro. Waxa la oggolyahay: credit, kaash, debit, SNAP/EBT, Market Bucks

thefoodgroupmn.org • 763-450-3860



KU-XIRAN CUNTO

MN Food HelpLine

Macluumaadka ku saabsan kheyraadka cuntada oo ay ku jiraan SNAP/kuubanada cuntada (SNAP/food stamps), khaanadaha cuntada, goobaha cuntada bilaashka ah iyo wax ka badan.

(Turjumaan baa la heli karaa)

hungersolutions.org/find-help

Wac ama u dir qoraal 1-888-711-1151



DADKA WAA WAYN AMA KUWA NAAFADA AH

Meals on Wheels

U-Keensita cunto nafaqo leh waayeelka iyo kuwa naafado ah ee guriga ku xanniban, muddo gaaban ama muddo dheer.

meals-on-wheels.com • 612-623-3363

Nutrition Assistance Program for Seniors (NAPS)

Waayeelka uqalma (60 sanno +) waxay helayaan sanduuq cuntada khaanadaha, oo ay ku jiraan miraha qasacadaysan, hilib iyo badar. U-wac qalmanaanta oo hel goobta.

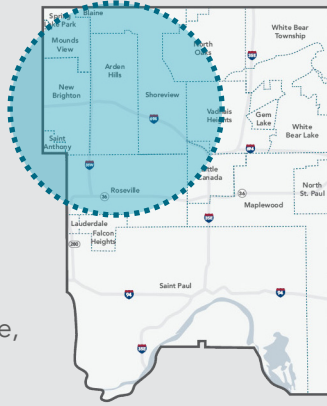
agencies.2harvest.org/naps

651-484-8241 • naps@2harvest.org



Khayraadka Xaafadaada

Suburb-ka woqyi-galbeed:
New Brighton, Mounds View,
Shoreview, Arden Hills, Roseville,
North Oaks, Falcon Heights



Suuqa Beeralayda

Ka iibso cuntada gudaha laga soo saaro suuqa beeralayda ee kuu dhow. Raadi suuq aqbala SNAP/EBT/Market Bucks. Isticmaal ilaa \$10 SNAP/EBT, hel \$20 Market Bucks si aad ugu kharash garayso SNAP cuntooyinka u qalma iyo wax soo saarka.

tinyurl.com/225hrsza (Hunger Solutions)

Khaanadaha Cuntada & Raashinka Bilaashka ah

Qaar ka mid ah khaanadaha cuntada ayaa leh xuduud aagga adeegga waxayna u baahan yihiin caddaynta ciwaanka ama aqoonsiga. Hore ka sii wac wixii ah shuruudaha aqoonsiga, saacadaha iyo faahfaahinta cusub. Keenista waa la heli karaa.

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, Wac saacadaha u dhexeeya 9 subaxnimo iyo 5 galabnimo.

Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

Saint Paul Parks and Recreation

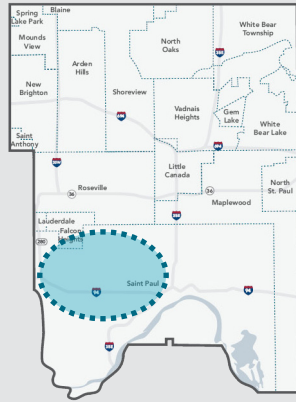
Hel meel kuu dhow:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Ku soo deji barnaamijka Cunnada Bilaashka ah ee Carruurta telefoonkaaga casriga ah (Free Meals for Kids app).



Khayraadka Xaafadaada

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



Khaanadaha Cuntada & Raashinka Bilaashka ah

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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-Taqla Food Shelf

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

Cuntooyinka Bilaashka ah ee Dadkoo Dhan

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

Goobuhu way kala duwan yihiin
ctdFNA@gmail.com • 651-236-8699
Ka hel Facebook-ga

Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

Saint Paul Parks and Recreation

Hel meel kuu dhow:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Ku soo deji barnaamijka Cunnada Bilaashka ah ee Carruurta telefoonkaaga casriga ah (Free Meals for Kids app).

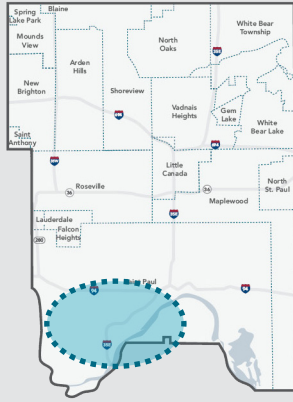
Suuqa Beeralayda

Ka iibso cuntada gudaha laga soo saaro suuqa beeralayda ee kuu dhow. Raadi suuq aqbala SNAP/ EBT/Market Bucks. Isticmaal ilaa \$10 SNAP/EBT, hel \$20 Market Bucks si aad ugu kharash garayso SNAP cuntooyinka u qalma iyo wax soo saarka.
tinyurl.com/225hrsza (Hunger Solutions)



Khayraadka Xaafadaada

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



Khaanadaha Cuntada & Raashinka Bilaashka ah

Qaar ka mid ah khaanadaha cuntada ayaa leh xuduud aagga adeegga waxayna u baahan yihiin caddaynta ciwaanka ama aqoonsiga. Hore ka sii wac wixii ah shuruudaha aqoonsiga, saacadaha iyo faahfaahinta cusub. Keenista waa la heli karaa.

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

Cuntooyinka Bilaashka ah ee Dadkoo Dhan

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

Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka Saint Paul Parks and Recreation

Hel meel kuu dhow:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
- Ku soo deji barnaamijka Cunnada Bilaashka ah ee Carruurta telefoonkaaga casriga ah (Free Meals for Kids app).

Soo saar Qaybinta Qaybinta Soosaarka Cusub - Neighborhood House

Goobo badan oo Saint Paul ah
neighborhoodhousemn.org/food-support
651-789-3630

Suuqa Beeralayda

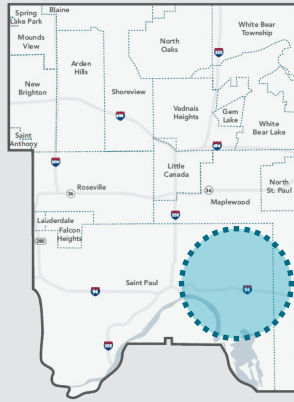
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tinyurl.com/225hrsza (Hunger Solutions)



Khayraadka Xaafadaada

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



Khaanadaha Cuntada & Raashinka Bilaashka ah

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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, 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

Cuntooyinka Bilaashka ah ee Dadkoo Dhan

Union Gospel Mission

Waxay u adeegaysaa ragga 18 ama ka weyn
435 University Ave. E., Saint Paul
ugmtc.org/programs/food-shelter
651-292-1721

Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

Saint Paul Parks and Recreation

Hel meel kuu dhow:

- spps.org/SummerMeals
- tinyurl.com/8c3mcajs (City of Saint Paul)
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Conway Community Center

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

Soo saar Qaybinta

Qaybinta Soosaarka Cusub - Neighborhood House

Goobo badan oo Saint Paul ah
neighborhoodhousemn.org/food-support
651-789-3630

Suuqa Beeralayda

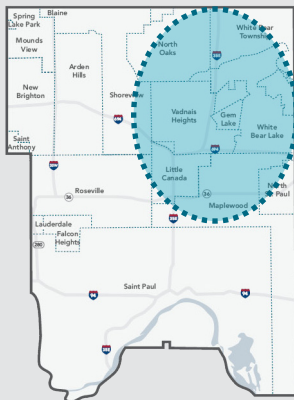
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tinyurl.com/225hrsza (Hunger Solutions)



Khayraadka Xaafadaada

Suburb-ka woqooyi-bari:
Maplewood, White Bear Lake,
White Bear Lake Township,
Vadnais Heights, Little Canada,
Gem Lake, North Saint Paul



Khaanadaha Cuntada & Raashinka Bilaashka ah

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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

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, Wac saacadaha u dhexeeya 9
subaxnimo iyo 5 galabnimo.

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

Cuntooyinka Bilaashka ah ee Dadkoo Dhan

Our Redeemer Lutheran Church

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

Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

Saint Paul Parks and Recreation

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- tinyurl.com/8c3mcajs (City of Saint Paul)
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Soo saar Qaybinta

Qaybinta Soosaarka Cusub - Neighborhood House

Goobo badan oo Saint Paul ah
neighborhoodhousemn.org/food-support
651-789-3630

Suuqa Beeralayda

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tinyurl.com/225hrsza (Hunger Solutions)



ramseycounty.us/FoodResources

