



HELP WITH FOOD AND BASIC NEEDS

COUNTYWIDE RESOURCES

Several programs are available to help connect you with healthy, nutritious food and basic supplies (toilet paper, toothpaste, diapers).



ramseycounty.us/FoodResources

View resources and an online map with food shelves, farmers markets, grocery stores and produce distribution sites.



Customer Contact Center: **651-266-8500**

Monday–Friday: 8 a.m.– 4:30 p.m.
(Interpreters available)



CONNECT TO FOOD

MN Food HelpLine

Information about food resources including SNAP/ food stamps, food shelves, free meal sites and more.

hungersolutions.org/find-help • **1-888-711-1151**

Monday–Friday: 10 a.m.–5 p.m.
(Interpreters available)

Fare For All

Purchase groceries at a discounted rate, including fruits, vegetables and meat.

Accepts: credit, cash, debit, SNAP/EBT
fareforall.org • **763-450-3880**



FOR SENIORS, 60+ YEARS OLD

Meals on Wheels

Nutritious meal delivery for older and disabled adults who are homebound, on a short-term or long-term basis.

meals-on-wheels.com • **612-623-3363**

Nutrition Assistance Program for Seniors (NAPS)

Eligible seniors (60 years +) receive a box of shelf stable foods, including canned fruits, vegetables, meat and grains. Call for eligibility and to find a location.

651-484-8241



INCREASE YOUR MONTHLY FOOD BUDGET

Women, Infants & Children

Healthy food, nutrition counseling, and breastfeeding support for pregnant, post-partum women, infants and children 0-5 yrs.

ramseycounty.us/wic • **651-266-1300**

Monday–Thursday: 8 a.m.–6:30 p.m.
Friday: 8 a.m.–4:30 p.m. *(Interpreters available)*

Supplemental Nutrition Assistance Program (SNAP)

SNAP (food stamps) helps people with low incomes get nutritious food and meals by providing monthly food benefits on an EBT card (like a credit card).

For questions and how to apply:
651-266-4444 • ramseycounty.us/SNAP



TRANSPORTATION OR MOBILITY BARRIERS

Metro Mobility Grocery and Goods Delivery

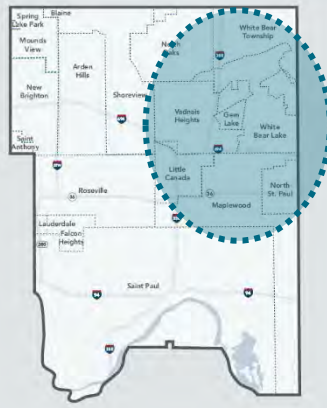
People who are Metro Mobility customers can get groceries and household essentials delivered from a store that has online shopping and local pick up.

metro council.org/Transportation/Services/Metro-Mobility-Home/Grocery-Delivery.aspx
651-602-1111 • metromobility@metc.state.mn.us



Resources in Your Neighborhood

Northeast Ramsey County Suburbs:
Maplewood, White Bear Lake, White
Bear Lake Township, Vadnais Heights,
Little Canada, Gem Lake, North St. Paul



Food Shelves & Free Groceries

Bring proof of address: photo ID for adults; ID for kids
(medical card/school ID); current mail.
Some food shelves have service area boundaries; call
ahead if possible. Delivery may be available.

White Bear Lake Area Emergency Food Shelf

whitebearfoodshelf.org
1884 Whitaker Street, White Bear Lake, 55110
651-407-5310

Merrick Community Services

Woodland Hills

1740 Van Dyke Street Door B, Saint Paul, 55109

Gustavus Adolphus Church

1669 Arcade Street N, Saint Paul, 55106
merrickcs.org/community-services/food
651-287-2088

Lakewood Salvation Army

2080 Woodlynn Ave, Maplewood, 55109
centralusa.salvationarmy.org/northern/maplewood/programs-and-services
651-779-9177

Vadnais Heights Lions Club Food Shelf

655 County Road F East, Vadnais Heights, 55127
e-clubhouse.org/sites/vadnaishts/page-8.php
651-746-4158

Isuroon

Masjid Dawah

478 University Ave W, Saint Paul, 55103

Oromo Community of MN

465 Mackubin Street, Saint Paul, 55103
isuroon.org/food_shelf
612-517-8095
Serves East African community

Canasta Familiar

797 7th Street E, Saint Paul, 55106
Clues.org
651-379-4256
Serves Latinx community

Department of Indian Work

1671 Summit Ave, Saint Paul, 55105
interfaithaction.org/diw/emergency-services
651-789-3856
Serves Native American community

Free Meals for All

Every Meal – White Bear YMCA

2100 Orchard Lane, White Bear, 55110
everymeal.org/what-we-do/community-meal-distribution-sites/
651-777-8103

Every Meal – Maplewood Community Center YMCA

2100 White Bear Avenue, Maplewood, 55109
everymeal.org/what-we-do/community-meal-distribution-sites/
651-747-0922

Our Redeemer Lutheran Church

1390 Larpenteur Avenue E, Saint Paul, 55109
loavesandfishesmn.org/dining-sites/our-redeemer-lutheran-church
612-377-9810

Free Meals for Kids 0-18 Years

Schools

During the pandemic, schools are offering meals
for pickup and delivery (if needed) to children ages
0-18 years who live in their district.

White Bear Lake Area Schools

isd624.org/departments/nutrition-services
651-407-7634

Roseville Area Schools

rosevillanutrition.com
651-635-1600

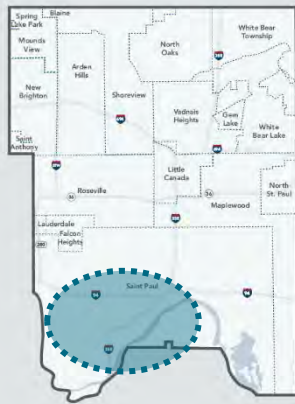
North St Paul - Maplewood - Oakdale

isd622.org/Page/14725
651-748-7531



Resources in Your Neighborhood

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



Food Shelves & Free Groceries

Bring proof of address: photo ID for adults; ID for kids (medical card/school ID); current mail. Some food shelves have service area boundaries; call ahead if possible. Delivery may be available.

Hallie Q Brown

270 North Kent Street, Saint Paul, 55102
hallieqbrown.org
651-224-4606

Fresh Produce Pickups

Locations vary
neighb.org/freshproducepickups/
651-789-3630

Salvation Army West

401 West 7th Street, Saint Paul, 55102
centralusa.salvationarmy.org/northern/WestStPaul/programs-and-services
651-224-4316

Wellstone Center Food Market

179 East Robie Street, Saint Paul, 55107
neighb.org/program/foodsupportprogram
651-789-2534

Francis Basket Food Market

1293 Maynard Drive East #410, Saint Paul, 55116
neighb.org/program/foodsupportprogram
651-699-0986

Canasta Familiar

797 7th Street E, Saint Paul, 55106
Clues.org
651-379-4256
Serves Latinx community

Department of Indian Work

1671 Summit Ave, Saint Paul, 55105
interfaithaction.org/diw/emergency-services
651-789-3856
Serves Native American community

Isuroon

Dural Uloom Center

977 5th Street E, Saint Paul, 55106

Highwood Hills Elementary

2188 Londin Lane, Saint Paul, 55119

isuroon.org/food_shelf

612-517-8095

Serves East African community

Free Meals for All

St. Matthew's Catholic Church

510 Hall Ave, Saint Paul, 55107

loavesandfishesmn.org/dining-sites

612-377-9810

Dorothy Day

438 Dorothy Day Place, Saint Paul, 55102

loavesandfishesmn.org/dining-sites

612-204-8485

Free Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

Dunning Recreation Center

1221 Marshall Avenue, Saint Paul, 55104

Palace Recreation Center

781 Palace Ave, Saint Paul, 55102

El Rio Vista Community Center

179 E Robie Street, Saint Paul, 55107

stpaul.gov/departments/parks-and-

recreation/recreation-centers/parks-recreation-programs/free-meals-saint-paul

651-266-6400

Schools

During the pandemic, schools are offering meals for pickup and delivery (if needed) to children ages 0-18 years who live in their district.

Saint Paul Public Schools

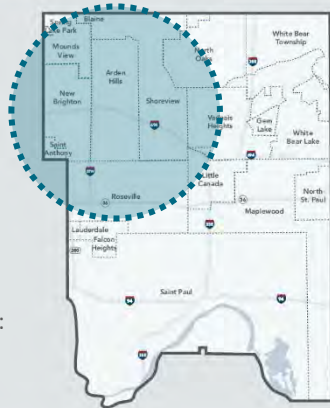
spps.org/Page/38722

651-315-4423



Resources in Your Neighborhood

Northwest Ramsey County Suburbs:
New Brighton, Mounds View,
Shoreview, Arden Hills, Roseville,
North Oaks, Falcon Heights



Food Shelves & Free Groceries

Bring proof of address: photo ID for adults; ID for kids (medical card/school ID); current mail.
Some food shelves have service area boundaries; call ahead if possible. Delivery may be available.

Ralph Reeder Food Shelf Program

2544 Mounds View Boulevard, Mounds View, 55112
moundsviewschools.org/Domain/75
651-621-6280

St. John the Baptist Catholic Church

835 2nd Ave NW, New Brighton, 55112
stjohnnb.com/community-outreach/food-shelf
651-633-8333

Keystone Community Services-Rice Street

1459 Rice Street Suite 3, Saint Paul, 55117
keystoneservices.org/food-shelves
651-487-2792

Canasta Familiar

797 7th Street E, Saint Paul, 55106
Clues.org
651-379-4256
Serves Latinx community

Department of Indian Work

1671 Summit Ave, Saint Paul, 55105
interfaithaction.org/diw/emergency-services
651-789-3856
Serves Native American community

Isuroon

Masjid Dawah

478 University Ave W, Saint Paul, 55103

Oromo Community of MN

465 Mackubin Street, Saint Paul, 55103

isuroon.org/food_shelf

612-517-8095

Serves East African community

Free Meals for All

Every Meal Headquarters

2723 Patton Road, Roseville, 55113
everymeal.org/what-we-do/community-meal-distribution-sites/
612-568-4003

Every Meal – Shoreview YMCA

3760 Lexington Avenue N, Shoreview, 55126
everymeal.org/what-we-do/community-meal-distribution-sites/
651-483-2671

Every Meal - New Brighton Community Center

400 10th Street NW, New Brighton, 55112
everymeal.org/what-we-do/community-meal-distribution-sites/
651-638-2130

Every Meal – Roseville Fire Department

1140 Woodhill Drive, Roseville, 55113
everymeal.org/what-we-do/community-meal-distribution-sites/
612-568-4003

Free Meals for Kids 0-18 Years

McDonough Recreation Center

1544 Timberlake Road, Saint Paul, 55117
stpaul.gov/departments/parks-and-recreation/recreation-centers/parks-recreation-programs/free-meals-saint-paul
651-266-6400

Schools

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Mounds View Area Schools

moundsviewschools.org/nutritionservices
651-621-6022

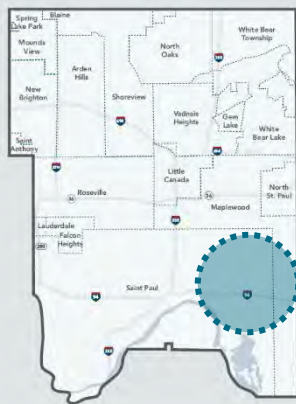
Roseville Area Schools

rosevillenutrition.com
651-635-1600



Resources in Your Neighborhood

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



Food Shelves & Free Groceries

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Canasta Familiar

797 7th Street E, Saint Paul, 55106
clues.org
651-379-4256
Serves Latinx community

Fishes and Loaves Food Shelf

1505 Burns Ave, Saint Paul, 55106
progressivebaptistchurchmn.com
651-497-5562

Merrick Community Services

Woodland Hills

1740 Van Dyke Street Door B, Saint Paul, 55109

Gustavus Adolphus Church

1669 Arcade Street N, Saint Paul, 55106
merrickcs.org/community-services/food
651-287-2088

Sanneh Foundation

2090 Conway Street, Saint Paul, 55119
thesannehfoundation.org
651-690-4855

Isuroon

Dural Uloom Center

977 5th Street E, Saint Paul, 55106

Highwood Hills Elementary

2188 Londin Lane, Saint Paul, 55119

isuroon.org/food_shelf

612-517-8095

Serves East African community

Fruit of the Vine Food Shelf

1280 Arcade Street, Saint Paul, 55106
vcsmn.org/services
952-595-5980

Salvation Army East

1019 Payne Avenue, Saint Paul, 55130
centralusa.salvationarmy.org/northern/EastStPaul/pro-
grams-and-services
651-776-8169

First Lutheran Church Wellness Hot Meals & Groceries

463 Maria Avenue, Saint Paul, 55106
eastsidefirst.com
651-247-8926

Department of Indian Work

1671 Summit Ave, Saint Paul, 55105
interfaithaction.org/programs/diw/emergencyservices
651-789-3856
Serves Native American community

Free Meals for All

Conway Rec Center

2090 Conway Street, Saint Paul, 55119
thesannehfoundation.org/food-assistance
651-690-4855

Our Redeemer Lutheran Church

1390 Larpenteur Avenue E, Saint Paul, 55109
loavesandfishesmn.org/dining-sites
612-377-9810

Eastside St. Paul YMCA

875 Arcade Street, Saint Paul, 55106
ymcanorth.org/food-distribution
651-771-8881

Union Gospel Mission

435 University Ave E, Saint Paul 55130
651-292-1721

Free Meals for Kids 0-18 Years

Arlington Hills Community Center

1200 Payne Ave, Saint Paul, 55130
stpaul.gov/departments/parks-and-
recreation/recreation-centers/parks-recreation-
programs/free-meals-saint-paul
651-266-6400

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Saint Paul Public Schools

spps.org/Page/38722
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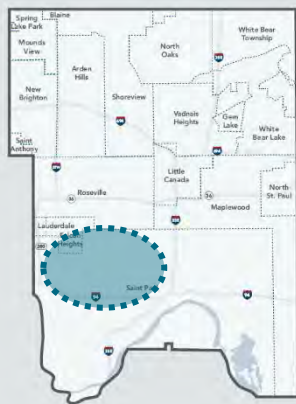
North St Paul - Maplewood - Oakdale Schools

isd622.org/Page/14725
651-748-7622



Resources in Your Neighborhood

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



Food Shelves & Free Groceries

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Open Hands Midway - Bethlehem Lutheran Church

436 Roy St North, Saint Paul, 55104
openhandsmidway.org/programs
651-646-6549

Keystone Community Services

Midway

1916 University Avenue West, Saint Paul, 55104
651-917-3792

Rice Street

1459 Rice Street Suite 3, Saint Paul, 55117
651-487-2792

keystoneservices.org/food-shelves

Isuroon

Masjid Dawah

478 University Ave W, Saint Paul, 55103

Oromo Community of MN

465 Mackubin Street, Saint Paul, 55103

isuroon.org/food_shelf

612-517-8095

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Department of Indian Work

1671 Summit Ave, Saint Paul, 55105

interfaithaction.org/programs/diw/emergencyservices

651-789-3856

Serves Native American community

The Midway Food and Empowerment Project

1610 Hubbard Ave, Saint Paul, 55104

hamlinemidway.org/TheMidwayProject

651-494-7682

House of Refuge Outreach

520 Atwater Circle, Saint Paul, 55103

651-369-9801

Masjid At-Taqwa Food Shelf

1608 Como Ave, Saint Paul, 55108

masmn.org/events

612-203-3348

Franciscan Brothers of Peace

1289 Lafond Avenue, Saint Paul 55104

brothersofpeace.org/index.php/section-blog/51-franciscan-brothers-of-peace/apostolates/emergency-food-shelf

651-646-8586

iHelp Marketplace

900 Dale Street North, Saint Paul, 55103

ihelpmarketsquare.com

651-488-4463

Canasta Familiar

797 7th Street E, Saint Paul, 55106

clues.org

651-379-4256

Serves Latinx community

Free Meals for All

Every Meal - Midway YMCA

1761 University Ave West, Saint Paul, 55104

everymeal.org/wp-content/uploads/2021/04/Community-Meal-Distribution-Sites-1-2.pdf

651-646-4557

Free Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

Rice Recreation Center

1021 Marion Street, Saint Paul, 55117

McDonough Recreation Center

1544 Timberlake Road, Saint Paul, 55117

stpaul.gov/departments/parks-and-recreation/recreation-centers/parks-recreation-programs/free-meals-saint-paul

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