

တၢ်အိၣ်ကလိၣ်တၢ်လီၤတဖၣ် (Food Shelves) ဟ့ၣ်နီၤလီၤကလိၣ်တၢ်အိၣ်တၢ်အိၣ်တဖၣ်လၢ နက့ၤစိၣ်ဆူဟံၣ်သ့ တဖၣ်န့ၣ်လီၤ. ဝဲလၢ Covid-19 ကဲသးအကတီၢ်တၢ်လီၤအါတီၤ ပျဲနလဲၤနီၤယီၤနသိၣ်လ့ၣ်ဒီးပံးန့ၣ် တၢ်အိၣ်လၢ နက့ၤစိၣ်အီၤအဂီၢ်န့ၣ်လီၤ. နမ့ၢ်အိၣ်ဒီးတၢ်ကီၢ်တၢ်ခဲလၢတၢ်လဲၤတၢ်က့ၤအဂီၢ် လၢနကလဲၤဆူတၢ်အိၣ်ကလိၣ်တၢ်လီၤ န့ၣ်ဒီး, ကိးဘၣ်တၢ်အိၣ်ကလိၣ်တၢ်လီၤဒီး လီၤတဲစိၣ်တက့ၢ်. တၢ်လီၤတနီၤနီၤ ဟဲဆူန့ၢ်န့ၢ်တၢ်အိၣ်ဆူန့ၣ်သ့ ဝဲလၢ Covid-19 ကဲသးအကတီၢ်န့ၣ်လီၤ.

တၢ်အိၣ်ကလိၣ်တၢ်လီၤတနီၤ မၤစၢၤထဲလၢဟီၣ်ကဝီၤထဲတနီၤစိၣ်, တနီၤနီၤ အဲၣ်ဒီးလၢနကကိးဆိတ်စၢၤ appointment, တနီၤနီၤ ယုက့ၢ် နတၢ်ဂီၤခိၣ် (ID) ဒီးနအိၣ်နဆိးတၢ်လီၤတၢ်ကျဲအဂ့ၢ်အကျိၤ (address) န့ၣ်လီၤ.

ဝံသးစူၤကိးသံကွၢ်စိၣ်ဆၢကတီၢ်ဒီးတၢ်လၢနလိၣ်လဲၤစိၣ်သ့ၣ်တဖၣ်အဂ့ၢ်အကျိၤတချုးလၢနလဲၤဒီးဘၣ်န့ၣ်တက့ၢ်. ဝဲလၢတၢ် ကီၢ်တၢ်ခဲ တၢ်ယံးတၢ်ကၤအဆၢကတီၢ် နလဲၤပံးန့ၣ်တၢ်အိၣ်ကလိၣ်လၢ ဟီၣ်ကဝီၤတၢ်အိၣ်ကလိၣ်တၢ်လီၤတဖၣ်န့ၣ် တၢ်တဘၣ်ယးလိၣ်သးဒီး တၢ်တမၤတံၣ်တၢ်န (immigration status) ဘၣ်. ဒီးတၢ်တအိၣ်လီၤနၤဒ်အမ့ၢ် တၢ်ဒီးန့ၣ်ကလိၣ်ကမျၢၢ်တၢ်ဘျးတၢ်ဖျိၣ် လၢတၢ်လံၣ်အိၣ် လီၤအိၣ်အပူၤအသိးန့ၣ်ဘၣ် (count as a public charge).

MN Food Helpline

ဟ့ၣ်နီၤလီၤတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယးတၢ်တိစၢၤမၤစၢၤတၢ်အိၣ်တၢ်အိၣ်အထံးသ့ၣ်တဖၣ်- ကမျၢၢ်တၢ်အိၣ်တၢ်အိၣ်မၤစၢၤ တၢ်ရဲၣ်တၢ်ကျိၤ (SNAP/food stamps), တၢ်နီၤလီၤတၢ်အိၣ်ကလိၣ်တၢ်လီၤတဖၣ်, တၢ်လီၤလၢဟ့ၣ်နီၤလီၤကလိၣ် တၢ်အိၣ်လၢဖိမံၤသးဝံသ့ၣ်တဖၣ်အလီၢ် ဒီးတၢ်လီၤအဂ့ၢ်အဂၤတဖၣ်လၢဘၣ်ယးတၢ်န့ၢ်ဘၣ်ကလိၣ်တၢ်အိၣ်တၢ်အိၣ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.

<http://www.hungersolutions.org/find-help/>
1-888-711-1151

မ့ၢ်ဆၣ် - မ့ၢ်ဖိဖး ဂီၤ ၁၀:၀၀န့ၣ်ရံၣ် တုၤ ဟါ ၅:၀၀ န့ၣ်ရံၣ်
ပုၤကတီၢ်ကျိးထံတၢ်အိၣ်ဝဲ

တၢ်လီၤတဖၣ်လၢဝံၣ် Saint Paul အပူၤ

Fruit of the Vine: First Covenant Church
952-595-5980
1280 Arcade St, 55106
တလိၣ်ကိးစိတ်စၢၤ appointment ဘၣ်
ဟဲစိၣ်တၢ်ဂီၤခိၣ် ဒီးတၢ်အိၣ်တၢ်ဆိးလီၤကျဲအဂ့ၢ်အကျိၤ

Hallie Q Brown Community Center
www.hallieqbrown.org/site/index.php/programs/basic-needs/
651- 224-4601 ext. 210
270 N Kent Street, 55102
လိၣ်ကိးစိတ်စၢၤ appointment

Franciscan Brothers of Peace
www.brothersofpeace.org/index.php/51-franciscan-brothers-of-peace/apostolates/emergency-food-shelf
651-646-8586
1289 Lafond Ave, 55104
လိၣ်ကိးစိတ်စၢၤ appointment
ကိးဘၣ်လီၤတဲစိၣ်လၢ ဂီၤ ၉န့ၣ်ရံၣ်အကတီၢ်

iHelp Market Square
City of Reconciliation Church
900 Dale St N, 55103
651-488-4463
တလိၣ်ကိးစိတ်စၢၤ appointment ဘၣ်
ဟဲစိၣ်တၢ်ဂီၤခိၣ်

Neighborhood House
Wellstone Center Food Market
<http://neighb.org/program/foodsupportprogram/>
651-789-3630
179 E Robie St, 55107
ဆူန့ၢ်စ့ၢ်ကိးတၢ်အိၣ်တုၤဆူဟံၣ်
တလိၣ်ကိးစိတ်စၢၤ appointment ဘၣ်
တလိၣ်ဟဲစိၣ်တၢ်ဂီၤခိၣ်

Keystone Community Services
Midway
<https://keystoneservices.org/food-shelves/>
651-917-3792 ext: 3883
1916 University Ave W, 55104
တလိၣ်ကိးစိတ်စၢၤ appointment ဘၣ်

Neighborhood House
Francis Basket Food Market
<http://neighb.org/program/foodsupportprogram/>
651-699-0986
1293 Maynard Dr E, Apt 410, 55116
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်
တလိန်ဟဲစိတ်တၢ်ဂီၤခိၣ်ဘဉ်

Keystone Community Services
Rice Street
<https://keystoneservices.org/food-shelves/>
651-487-2792
1459 Rice St, 55117
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်

Merrick Community Services
Gustavus Adolphus Lutheran Church
<https://merrickcs.org/>
1669 Arcade St N, 55106 (ပဲတရီနီဂံၢ် 2A)
651-287-2088
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်

Salvation Army - East
651-776-8169
1019 Payne Ave, 55130
လိၣ်ကိးစိတ်စာၤ appointment

Merrick Community Service - Woodland Hills Church
<https://merrickcs.org/>
1740 Van Dyke Street, (ပဲတရီနီဂံၢ် B), 55109
651-487-0001
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်

Salvation Army - West
651-224-4316
401 7th St W, 55102
မၤစၢၤပုၤအိၣ်လၢ - 55102 (တုၤလီၤဆူ Kellogg Blvd), 55105, 55116 သ့ၣ်တဖၣ်
လိၣ်ကိးစိတ်စာၤ appointment
ဟဲစိတ်တၢ်ဂီၤခိၣ်ဒီးတၢ်အိၣ်တၢ်ဆိးလီၤကျဲအဂ့ၢ်အကျိၤ

Greater Ramsey County Locations

Christian Cupboard Emergency Food Shelf
<https://ccefs.org/need-help/>
651-233-1296
8264 4th St N, Oakdale, 55128
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်

Ralph Reeder Food Shelf
www.moundsviewschools.org/foodshelf
651-621-6280
2544 Mounds View Blvd
Mounds View, 55112
လိၣ်ကိးစိတ်စာၤ appointment

Maple Ponds Homes Neighborhood Center YMCA
651-773-2659
1854 Beebe Rd
Maplewood, 55109

Salvation Army - Lakewood
651-779-9177
2080 Woodlynn Ave, Maplewood, 55109
လိၣ်ကိးစိတ်စာၤ appointment

North Saint Paul Food Shelf
<https://www.nspafoodshelf.org/visit>
651-770-1309
2538 E. Seppala Boulevard
North St. Paul, 55109
လိၣ်ကိးစိတ်စာၤ appointment
လိၣ်ဟဲစိတ်တၢ်ဂီၤခိၣ်ဒီးတၢ်အိၣ်တၢ်ဆိးလီၤကျဲအဂ့ၢ်အကျိၤ

White Bear Lake Food Shelf
<https://whitebearfoodshelf.org/>
651-407-5310
1884 Whitaker St,
White Bear Lake, 55110
တလိန်ကိးစိတ်စာၤ appointment ဘဉ်
တူၢ်လိၣ်မုၢ်ဘဉ်ပုၤကိးဂၤဒဲးန့ၣ်လီၤ.