

တၢ်အိၣ်တၢ်အီၤကလီၤ လီၤတဲစိစိၣ်စုအဲးဖ် (Mobile App) လၢဖိသၢ်(၀-၁၈န့ၣ်)တဖၣ်အဂီၢ်

www.hungerimpactpartners.org

ကွၢ်လုၤဘၣ် “Free Meals for Kids” App လၢ Android မ့တမ့ၢ် Apple အလီၤတဲစိစိၣ်စုတဖၣ်အလီၤန့ၣ်တက့ၢ်.

ဟီၣ်ခိၣ်ဂီၤ(Map) လၢတၢ်အိၣ်တၢ်အီၤကလီၤအလီၤ လၢဖိသၢ်(၀-၁၈န့ၣ်)တဖၣ်အဂီၢ်

www.hungersolutions.org/2020/03/16/meals-for-kids-during-covid-19-closings/

1-888-711-1151

မ့ၢ်ဆၢ် - မ့ၢ်ဖိဖး ဂီၤ ၁၀:၀၀ တုၤ ဟါ ၅:၀၀န့ၣ်ရံၣ်

ပှၤကတီၤကျိးထံတၢ်အိၣ်ဝဲ

တၢ်အိၣ်တၢ်အီၤကလီၤအတၢ်လီၤတၢ်ကျဲတဖၣ်

Loaves and Fishes

www.loavesandfishesmn.org

လီၤတဲစိစိၣ်သ့ၣ်- 612-377-9810

တၢ်အိၣ်တၢ်အီၤလၢကဘၣ်က့ၤစိၣ်အီၤတဖၣ်,

အိးထီၣ်လၢပှၤတဂၤလၢလၢအဂီၢ်,

က့ၤစိၣ်တၢ်အိၣ်တၢ်အီၤလၢကအိၣ်အါဘျီအဂီၢ်ဆူဟံၣ်သ့.

လၢကသ့ၣ်ညါဘၣ်တၢ်ကဟ့ၣ်နီၤလီၤတၢ်အိၣ်တၢ်အီၤဆၢကတီၢ်အဂီၢ်

လဲၤကွၢ်ဘၣ်ပှၤယဲၤဘျးစဲ (Website) မ့တမ့ၢ်

ကိးဘၣ်လၢလီၤတဲစိန့ၣ်တက့ၢ်.

St. Matthews Catholic Church

510 Hall Ave, Saint Paul, 55107

Our Redeemer Lutheran Church

1390 Larpenteur Ave E, Saint Paul, 55109

Dorothy Day Center

612-204-8485

438 Dorothy Day Place, Saint Paul, 55102

New Hope Baptist Church

712 Burr St, Saint Paul, 55130

First Lutheran Church

www.eastsidefirst.com/wellness.html

463 Maria Ave, Saint Paul, 55106

လဲၤနီၤယီၤသိလ့ၣ်ဒီးဟံးန့ၣ်တၢ်အိၣ်သ့,

တၢ်ဟ့ၣ်လီၤတၢ်အိၣ်တၢ်အီၤလၢပှၤဖိမံၤဟံၣ်သ့ၣ်

တဖၣ်စ့ၢ်ကိးန့ၣ်လီၤ.

YMCA

www.ymcamn.org/food-distribution

Main number: 612-230-9622

တၢ်အိၣ်တၢ်အီၤလၢကဘၣ်က့ၤစိၣ်အီၤတဖၣ်,

အိးထီၣ်လၢပှၤတဂၤလၢလၢအဂီၢ်,

လၢကသ့ၣ်ညါဘၣ်တၢ်ကဟ့ၣ်နီၤလီၤတၢ်အိၣ်တၢ်အီၤဆၢကတီၢ်အဂီၢ်

လဲၤကွၢ်ဘၣ်ပှၤယဲၤဘျးစဲ မ့တမ့ၢ်

ကိးဘၣ်လၢလီၤတဲစိန့ၣ်တက့ၢ်.

Maplewood Community Center

2100 White Bear Avenue, Maplewood, 55109

Midway YMCA

1761 University Ave W, Saint Paul, 55104

Mounds View Community Center

5394 Edgewood Drive, Mounds View, 55112

St. Paul Eastside YMCA

875 Arcade St, Saint Paul, 55106

Shoreview YMCA

3760 Lexington Avenue North, Shoreview, 55126

Saint Paul Downtown

194 East 6th Street, Saint Paul, MN 55101

White Bear Area YMCA

2100 Orchard Lane, White Bear Lake, 55110

တၢ်အိၣ်တၢ်အီၣ်ကလီၤအတၢ်လီၢ်တၢ်ကျဲၤတဖၣ်

Union Gospel Mission Men’s Campus

651-292-1721

435 University Ave E, Saint Paul, 55130

တၢ်မၤကွၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်ဖျိတၢ်သံကွၢ်သံဒီးတနီၤ

ဖဲတချုးန့ၣ်လီၤဆူတၢ်သ့ၣ်ထီၣ်အပူၤအခါန့ၣ်လီၤ.

မၤစၢၤထဲၣ်ပိၣ်ခါတဖၣ်စီၤန့ၣ်လီၤ.