



FIND FOOD AND BASIC SUPPLIES NEAR YOU

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, no-cost meal sites, farmers markets and produce distribution sites.



Service Center Navigators 651-266-0600

Get help accessing Ramsey County services. 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, no-cost meal sites and more.

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

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



INCREASE YOUR MONTHLY FOOD BUDGET

Women, Infants & Children (WIC)

Healthy food, nutrition counseling, and breastfeeding/chestfeeding support for pregnant, postpartum women, infants and children under 5.

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

ramseycounty.us/wic • 651-266-1300

Supplemental Nutrition Assistance Program (SNAP)

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

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

Fare For All

Purchase groceries at a discounted price. There are no qualifications to participate and no pre-registration. Accepts: credit, cash, debit, SNAP/EBT
fareforall.org • 763-450-3880



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 • 651-602-1111
metromobility@metc.state.mn.us

Twin Cities Mobile Market

A grocery store on a bus. Purchase affordable groceries at stops throughout the metro area.

thefoodgroupmn.org • 763-450-3860



FOR OLDER OR DISABLED ADULTS

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)

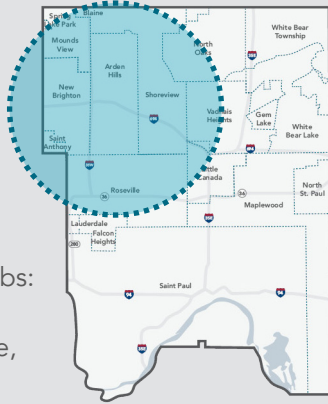
Eligible seniors (60+ years) receive a box of shelf stable foods, including canned fruits, vegetables, meat and grains. Call for eligibility and to find a location.

651-484-8241 • naps@2harvest.org



Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and need IDs or proof of address. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

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

Canasta Familiar

Serves Latino/x community
797 7th St. E., Saint Paul
clues.org • 651-379-4256

Isuroon

Serves East African community
isuroon.org • 612-517-8095

Masjid Dawah

478 University Ave. W., Saint Paul

Oromo Community of MN

465 Mackubin St., Saint Paul

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3856

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
612-245-9259, call between 9 a.m. and 5 p.m

Every Meal Food Bags

4-5 pound meal bag with nutritious, shelf stable food items. No sign-up or ID required.
everymeal.org • 612-568-4003

Every Meal Headquarters

2723 Patton Road, Roseville

Shoreview YMCA

3760 Lexington Ave. N., Shoreview
651-483-2671

New Brighton Community Center

400 10th St. NW, New Brighton
651-638-2130

Roseville Fire Department

1140 Woodhill Drive, Roseville

No-cost Meals for Kids 0-18 Years

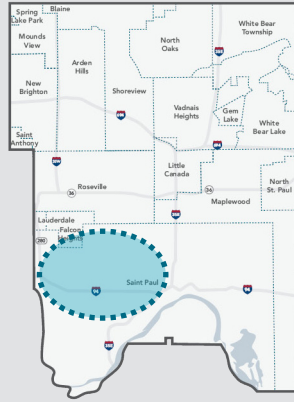
McDonough Recreation Center

1544 Timberlake Road, Saint Paul
stpaul.gov • 651-266-6400



Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and require proof of address or IDs. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

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

Isuroon

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isuroon.org • 612-517-8095

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Oromo Community of Minnesota

465 Mackubin St., Saint Paul

Department of Indian Work

Serves American Indian community
3080 Centerville Road., Little Canada
interfaithaction.org • 651-789-3856

The Midway Food and Empowerment Project

1610 Hubbard Ave., Saint Paul
hamlinemidway.org/TheMidwayProject • 651-494-7682

Masjid At-Taqwa Food Shelf

1608 Como Ave., Saint Paul
masmn.org/events • 612-203-3348

House of Refuge Outreach

520 Atwater Circle, Saint Paul
facebook.com/hortc.org • 651-369-9801

Franciscan Brothers of Peace

1289 Lafond Ave., Saint Paul
brothersofpeace.org • 651-646-8586

iHelp Marketplace

900 Dale St. N., Saint Paul
ihelpmarketsquare.com • 651-488-4463

Canasta Familiar

Serves Latino/x community
797 7th St. E., Saint Paul
clues.org • 651-379-4256

Every Meal Food Bags - Midway YMCA

4-5 pound meal bag with nutritious, shelf stable food items. No sign-up or ID required.
1761 University Ave. W., Saint Paul
everymeal.org • 651-646-4557

No-cost Meals for All

Shobi's Table

shobistable.org • 651-300-4956

Faith Lutheran Church

499 Charles Ave., Saint Paul

Bethlehem in the Midway

436 N Roy St., Saint Paul

Christ on Capitol Hill

105 University Ave. W., Saint Paul

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

stpaul.gov • 651-266-6400

Rice Recreation Center

1021 Marion St., Saint Paul

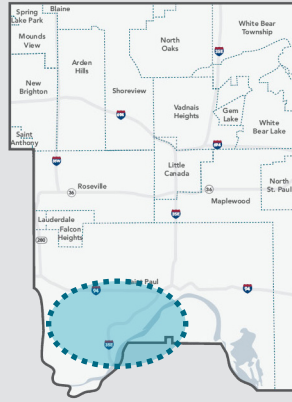
McDonough Recreation Center

1544 Timberlake Rd., Saint Paul



Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and need IDs or proof of address. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

Hallie Q Brown Food Shelf

270 N. Kent St., Saint Paul
<http://hallieqbrown.org/> • 651-224-4606

Fresh Produce Pickups

407 Bates Ave., Saint Paul
neighb.org • 651-789-3630

Salvation Army West

401 W. 7th St., Saint Paul
centralusa.salvationarmy.org • 651-224-4316

Wellstone Center Food Market

179 E. Robie St., Saint Paul
neighb.org • 651-789-2534

Francis Basket Food Market

1293 Maynard Drive E. #410, Saint Paul
neighb.org • 651-699-0986

Canasta Familiar

Serves Latino/x community
797 7th St. E., Saint Paul
clues.org • 651-379-4256

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

Isuroon

Serves East African community
isuroon.org • 612-517-8095

Highwood Hills Elementary

2188 Londin Lane, Saint Paul

Oromo Community of Minnesota

465 Mackubin St., Saint Paul

Masjid Dawah

478 University Ave. W., Saint Paul

No-cost Meals for All

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 • 612-204-8485

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

stpaul.gov • 651-266-6400

Arts Us/Dunning Recreation Center

1221 Marshall Ave., Saint Paul

Palace Community Center

781 Palace Ave., Saint Paul

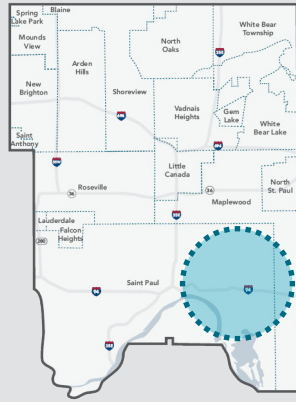
El Rio Vista Community Center

179 E Robie St., Saint Paul



Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

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Canasta Familiar

Serves Latino/x community
797 7th St. E., Saint Paul
clues.org • 651-379-4256

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

Sanneh Foundation - Conway Community Center

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

Isuroon

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isuroon.org • 612-517-8095

Dural Uloom Center

977 5th St. E., Saint Paul

Highwood Hills Elementary

2188 Londin Lane, Saint Paul

Fruit of the Vine Food Shelf

1280 Arcade St., Saint Paul
vcsmn.org • 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

Every Meal Food Bags

Saint Paul Eastside YMCA

4-5 pound meal bag with nutritious, shelf
stable food items. No sign-up or ID required.
875 Arcade St., Saint Paul
everymeal.org • 651-771-8881

First Lutheran Church

Wellness Hot Meals & Groceries

463 Maria Ave., Saint Paul
eastsidefirst.com • 651-247-8926

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3856

No-cost Meals for All

Our Redeemer Lutheran Church

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

Union Gospel Mission

Serves men 18 and older
435 University Ave. E., Saint Paul
651-292-1721

No-cost Meals for Kids 0-18 Years

Saint Paul Parks and Recreation

stpaul.gov • 651-266-6400

Arlington Hills Community Center

1200 Payne Ave., Saint Paul

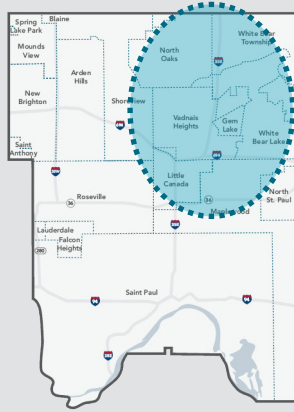
McDonough Recreation Center

1544 Timberlake Rd., Saint Paul



Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

Some food shelves have service area boundaries and need IDs or proof of address. Call ahead for ID requirements, hours and up-to-date details. Delivery may be available.

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, call between 9 a.m. and 5 p.m.

Isuroon

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Masjid Dawah

478 University Ave. W., Saint Paul

Oromo Community of Minnesota

465 Mackubin St., Saint Paul

Canasta Familiar

Serves Latino/x community
797 7th St. E., Saint Paul
clues.org • 651-379-4256

Department of Indian Work

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3856

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

Every Meal Food Bags

4-5 pound meal bag with nutritious, shelf stable food items. No sign-up or ID required.
everymeal.org • 612-568-4003

Maplewood Community Center YMCA

2100 White Bear Ave., Maplewood

White Bear YMCA

2100 Orchard Lane, White Bear

No-cost Meals for All

Our Redeemer Lutheran Church

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

No-cost Meals for Kids 0-18 Years

Ramsey County Library - Maplewood

3025 Southlawn Drive, Maplewood
rcreads.org • 651-724-6003