



Food Resources

for Ramsey County residents

Type	Program	Eligibility	Overview	Access
Discount Groceries	Fare for All	Open to all.	\$10-30 packages (meat and produce).	Call 1-888--711-1151 Visit Fare for All's website
	Market Bucks	SNAP-EBT required.	Triple EBT purchases at farmers markets.	Visit Hunger Solution's Market Bucks webpage
	SUN Bucks	Children 7-17 in qualifying programs.	\$120 per child for summer groceries.	Call 651-431-4608 Email sebt.mde@state.mn.us
Food Shelves	Local food shelves	May require proof of address or ID, possible restrictions.	Free groceries, some delivery options.	Call MN Food Helpline 1-888--711-1151
	CSFP	Low-income seniors 60+ (130% poverty)	Monthly box of shelf-stable food.	Call 1-888--711-1151 Visit Second Harvest's website
Free Meals	Free Meal Program	No ID or questions required.	Free meals at fixed locations.	Call MN Food Helpline 1-888--711-1151
	Salvation Army	Open to all, no questions asked.	Free meals at fixed locations.	Call 1-800-456-4483 #211 on weekends Visit Salvation Army's website
	Loaves and Fishes	Open to all, no questions asked.	Free meals at fixed locations.	Call 612-377-9810 Visit Loaves and Fishes' website
	Summer Meals	Children 18 and under.	Free meals at schools, libraries, facilities.	Text "Summer Meals" to 914-342-7744
Home Delivered Meals	Meals on Wheels	Adults 60+, home-bound, medical needs.	Home delivered meals with dietary options.	Call 651-318-9091 Visit Meals on Wheels' website
	Open Arms	Chronic illness, waiver programs.	Free meals, nutrition counseling.	Call 612-767-7333 Visit Open Arms' website
Nutrition Support	Ramsey County WIC	Pregnant/postpartum women, children <5.	Nutrition support EBT access.	Call 651-266-1300
	SNAP	Income-based eligibility.	EBT funds for food at stores and farmers markets.	Call 1-888-711-1151 Visit the MNbenefits website



MN Food Helpline: Call/text 1-888-711-1151

Provides info about community food programs. Interpreters available.

