

# Ramsey County Food Security

Resources for Community  
& Tools for Staff

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RAMSEY COUNTY





## What is Food Insecurity?

A condition of limited access to healthy, culturally-connected and medically appropriate food to support an active and healthy lifestyle.

### Goal:

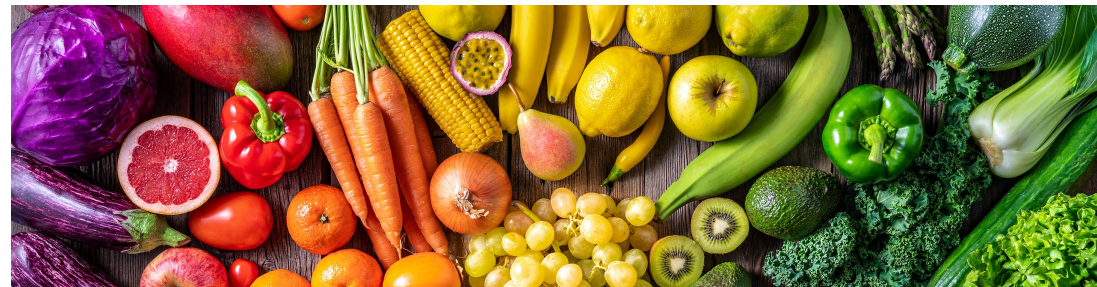
## Reduce Shame & Stigma

When basic nutritional needs go unmet, it can weaken community resilience, leading to poorer health outcomes, increased stress, housing instability, and barriers to education and economic mobility.

# Food is a Basic Need

## Examples of Food Insecurity Screening Questions:

- Within the past 12 months, did you worry that your food would run out before you got money to buy more?
- Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.



# Resources for Community Members

Immediate & Long-term  
Solutions



## MN Food Helpline

### Program Overview:

- Screen for SNAP, WIC, & provide information on how to apply
- Provide information on community food programs (food shelves, free meals, etc)
- Run by The Food Group, a MN non-profit organization

### Eligibility:

- Anyone in Minnesota can call to get assistance with food resources

### How Quickly You Can Use the Program:

- Call Minnesota Food Help Line Monday – Friday 10 a.m. - 5 p.m.

### How to refer:

- Call or text Minnesota Food HelpLine at 1-888-711-1151
- Interpreter services are available (Spanish, Somali, Hmong, and many others!)



# Immediate Solutions



# Food Shelves

## Program Overview:

- A place where people can go to get FREE groceries
- Pre-packed boxes, or some allow client to shop
- Delivery may be available depending on location

## Eligibility:

- Some food shelves have service area boundaries
- Some require proof of address or IDs
- Some have income restrictions

## How Quickly You Can Use the Program:

- Some have limits on how often you can visit
- Call or visit organization's website about hours or if appointment is needed /walk in

## How to Refer:

- Food Resource Map
- MN Food HelpLine: 1-888-711-1151



# Fare For All

## Program Overview:

- Pop up grocery store; typically monthly
- Access quality foods at budget-friendly prices
  - Boxes of fresh produce, frozen meats, and specialty boxes (\$10-30)

## Eligibility:

- No pre-registration, pre-ordering, or pre-payment
- First come, first serve
- Accepts credit, cash, SNAP, debit

## How to refer:

- <https://www.thefoodgroupmn.org/groceries/fare-for-all/>
- Find locations on interactive food map
- 763-450-3860



# Farmers Markets

## Program Overview:

- Offer a variety of fresh and seasonal food, including fruits, vegetables, meats, dairy, eggs, baked goods, and flowers. Some markets may also sell prepared foods and beverages.
- Types: food hub, regular season, winter market, year-round market

## Eligibility:

- Hours vary by market. Some are open a few days or evenings a week, others just on weekends.
- Accepts credit, cash, debit, SNAP/Market Bucks

## How Quickly You Can Use the Program:

- Open to everyone

## How to refer:

- <https://www.mfma.org/farmers-markets>





# Market Bucks

## Program Overview:

- Triple your SNAP/EBT at participating farmers markets with Market Bucks
- Market Bucks match SNAP-EBT spending dollar-for-dollar (up to \$10)

## Eligibility:

- Minnesota SNAP-EBT card

## How Quickly You Can Use the Program:

- Market Bucks do not have to be spent in one visit or one location
- You can use the tokens at the same farmers market any day they are open
- Summer Market Bucks expire October 31st
- Winter Market Bucks expire April 30<sup>th</sup>
- Tokens **do not** expire!

## How to refer:

- Market Bucks - Hunger Solutions
- Find a participating market



[Market Bucks Video](#)



[www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com) | [@stpaulfarmersmarket](https://twitter.com/stpaulfarmersmarket)

SNAP/EBT is accepted and matched at our markets.

# St. Paul Farmers' Markets 2025

RAMSEY - WASHINGTON - ANOKA

Roseville	2131 Fairview Ave N	TUE	8 - 12 PM	May 6 - Oct 28 *closed Aug. 26
Andover	3210 Bunker Lake Blvd NW	TUE	2 - 6 PM	May 6 - Oct 29
Maplewood	1850 White Bear Ave	WED	8 - 12 PM	May 14 - Oct 29
7 <sup>th</sup> Place Mall	1 W 7 <sup>th</sup> Place, St. Paul	WED	10 - 1:30 PM	Jun 4 - Aug
Securian	400 Robert St N	WED	10 - 1:30 PM	Aug 6, 13, 20, 27
Como Park	1545 Hamline Ave	THU	2 - 6 PM	May 15 - Oct 30
House of Hope	760 Summit Ave	FRI	1:15 - 5 PM	May 9 - Oct 31
St. Paul	290 5th St E	SAT	7 - 1 PM	Apr 26 - Nov 22
St. Paul	290 5th St E	SUN	8 - 1 PM	Apr 27 - Nov 23
Woodbury	3311 Commonwealth Ave	SUN	8 - 1 PM	Jun 1 - Oct 26 *closed Aug. 24



# Hot Meals: Salvation Army



DOING  
THE MOST  
GOOD®

No questions asked—food is free for anyone in need.

Weekday Lunch			
East Lake Street Salvation Army	1604 E. Lake St., Minneapolis	Monday – Wednesday	Noon – 1 p.m.
Payne Avenue Salvation Army	1019 Payne Ave., St. Paul	Monday – Friday	11:45 a.m. – 12:45 p.m.
Dinner			
Harbor Light Center	1010 Currie Ave., Minneapolis	Thursday – Monday	6 p.m.

Also has 8 food shelves offering a variety of groceries.

Salvation Army

# Hot Meals: Loaves & Fishes

No questions asked—food is free for anyone in need.

Interactive Map Available on Website



Richard M Schulze Family Foundation St. Paul Opportunity Center	422 Dorothy Day Place	Every day	9:00 - 9:45 AM 11:45 - 12:45 PM 4:30 - 5:15 PM
Our Redeemer Lutheran Church	1390 Larpenteur Ave E	Wednesday	5:30 - 6:30 PM
St. Matthew's Catholic Church	510 Hall Ave.	Monday-Friday	5:00 - 6:00 PM

[Loaves and Fishes Website](#)



# Long-Term Solutions

# Supplemental Nutrition Assistance Program (SNAP)

## Program Overview:

- Helps pay for food (with EBT card)
- Receive funds on EBT card to purchase certain foods
  - produce, meat/poultry, dairy, breads/cereals, seeds/plants
- Can be used at many farmers markets and stores
  - Find SNAP eligible stores

## Eligibility:

- Based on household size and income
- You can qualify as a non-citizen if you have a green card

## How Quickly You Can Use the Program:

- Process can take up to 45 days from the time application was submitted to the approval day

## How to refer:

- Call MN Food Helpline to be **screened for eligibility** and get help applying
- Interpreters available
- Apply: [mnbenefits.mn.gov](http://mnbenefits.mn.gov)





# Women, Infants & Children (WIC)

## Program Overview:

- Breastfeeding and chestfeeding support for pregnant, postpartum women, infants, and children under 5
- Provides supplemental foods through EBT card
- Health care referrals
- Interpreters available

## Eligibility:

- Pregnant women
- Women who have had a baby in the last 6 months
- Women breastfeeding a baby less than 12 months old
- Families with children up to the age of 5
- Families must be income eligible for WIC services
- If meet quals, all documentation status is welcome

## How Quickly You Can Use the Program:

- Clinics have day and evening hours and are conveniently located near public transportation

## How to refer:

- Call Ramsey County WIC at 651-266-1300 to see if you are eligible & to schedule an appointment



# Commodity Supplemental Food Program (CSFP) for Seniors

## Program Overview:

- Formerly known as “Nutrition Assistance Program for Seniors (NAPS)”
- Provides seniors with a monthly box of nutritious food in partnership with Second Harvest Heartland
- Pick up once per month, or can arrange for a home delivery if homebound
- Short & long-term basis

## Eligibility:

- Household size and income criteria (130% poverty level)
- 60 years and older

## How Quickly You Can Use the Program:

- Usually quick- depends on location/when distribution is

## How to refer:

- Second Harvest Heartland: 651- 484-8241; Email: [NAPS@2harvest.org](mailto:NAPS@2harvest.org)
- <https://agencies.2harvest.org/naps>
- Application Naps Through CSFP





# Meals on Wheels

## Program Overview:

- Home delivered meals, weekly or daily
- Short-term & long-term basis
- Cultural/diet/medical meal offerings

## Eligibility:

- Meet any of these:
  - Age 60 or over
  - Accept Medicaid waiver
  - Unable to regularly prepare meals
  - Homebound
  - Medical condition prevents from getting proper nutrition (not required)

## How Quickly You Can Use the Program:

- 7 days

## How to refer:

- <https://meals-on-wheels.com/get-meals/>
- Call 612-623-3363 to speak to with a representative to help apply



# Open Arms of Minnesota

## Program Overview:

- Provides free, medically-tailored meals to critically ill Minnesotans on a weekly basis
- Registered Dietitians available free of charge for nutrition counseling & educational services
- One additional household member can also receive meals

## Eligibility:

- Minnesota resident living with at least one or more of the following: HIV/AIDS, Cancer, ALS, MS, ESRD, CHF, COPD
- Not living with any of those conditions but still need meals?
  - CADI elderly waiver, alternative care waiver, disability waiver are accepted
- Individuals aren't qualified based on income status
- Any documentation status and past felony charges are eligible

## How Quickly You Can Use the Program:

- As of 02/12, no new clients, but can be put on a waitlist. Usually, two weeks

## How to refer:

- Learn about Meals
- Living with HIV/AIDS: Submit application
- Living with Cancer, MS, ALS, COPD, CHF or ESRD: Submit application
- Call client services at 612-767-7333



## Ramsey County Veterans Service Office



- Holistic approach to serving Veterans, their dependents and survivors to apply for benefits provided by state and US Veterans Affairs
- Staffed by Veterans
- Located at 90 West Plato Blvd
- How to refer: Call 651-266-2545 or walk in

[Veterans Services | Ramsey County](#)



# Tools for Staff



# Food Resources Website

MN Food HelpLine

SNAP & WIC

Link to the Interactive Food Resource Map

Poster Order Forms



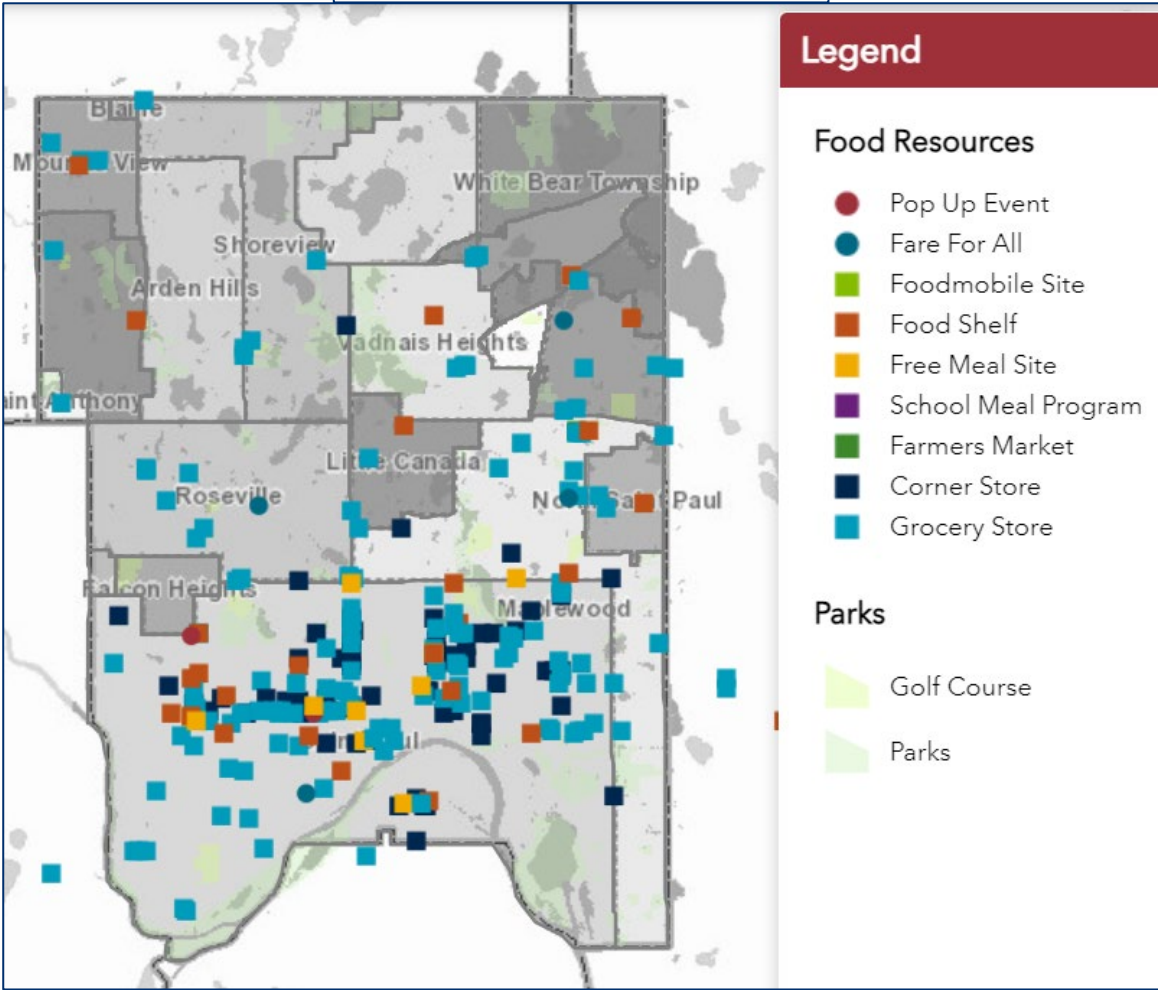
## Food resources for Various Populations:

- People living on a low income
- Children under the age of 18 and pregnant people
- Older adults
- People with disabilities
- People with health conditions
- Immigrants and refugees
- Specific cultures

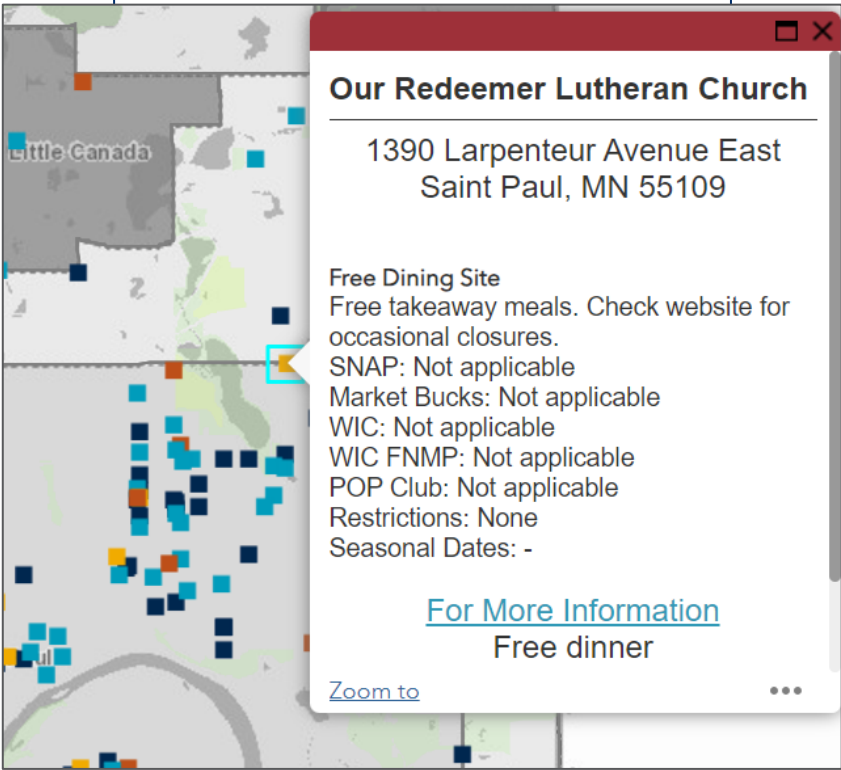
Food Resources | Ramsey County

# Food Resource Interactive Map

## Overall View of Map



## Specific Site Information






## Food Access Locations



# Food Resources for Ramsey County Residents

Provides a condensed overview of each type of resource, basic eligibility criteria, what is offered, and where to find more information

Food Security | RamseyNet

 <b>Food Resources</b> 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 <a href="#">Fare for All's website</a>
	Market Bucks	SNAP-EBT required.	Triple EBT purchases at farmers markets.	Visit Hunger Solution's <a href="#">Market Bucks webpage</a>
	SUN Bucks	Children 7-17 in qualifying programs.	\$120 per child for summer groceries.	Call 651-431-4608 Email <a href="mailto:sebt.mde@state.mn.us">sebt.mde@state.mn.us</a>
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 <a href="#">Second Harvest's website</a>
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 <a href="#">Salvation Army's website</a>
	Loaves and Fishes	Open to all, no questions asked.	Free meals at fixed locations.	Call 612-377-9810 Visit <a href="#">Loaves and Fishes' website</a>
	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 <a href="#">Meals on Wheels' website</a>
	Open Arms	Chronic illness, waiver programs.	Free meals, nutrition counseling.	Call 612-767-7333 Visit <a href="#">Open Arms' website</a>
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 <a href="#">MNbenefits website</a>
 <b>MN Food Helpline: Call/text 1-888-711-1151</b> Provides info about community food programs. Interpreters available.				
 <b>RAMSEY COUNTY</b>				



## 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](https://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)



#### 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. (Interpreters available)

[ramseycounty.us/wic](https://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](https://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, Market Bucks.

[fareforall.org](https://fareforall.org) • 763-450-3880

##### Market Bucks

Triple your SNAP benefits with Market Bucks.

Spend up to \$10 in SNAP, get up to \$20 free in Market Bucks to spend on SNAP eligible foods and produce. Available at participating farmers markets, Fare for All and Twin Cities Mobile Market.

[hungersolutions.org/programs/market-bucks](https://hungersolutions.org/programs/market-bucks)

##### No-cost Meals for Kids 0-18 Years

Download the "Free Meals for Kids" app on your phone.

Or visit: [hungerimpactpartners.org/summereats](https://hungerimpactpartners.org/summereats)



#### TRANSPORTATION OR MOBILITY BARRIERS

##### Twin Cities Mobile Market

A grocery store on a bus. Purchase affordable groceries at stops throughout the metro area. Accepts: credit, cash, debit, SNAP/EBT, Market Bucks.

[thefoodgroupmn.org](https://thefoodgroupmn.org) • 763-450-3860



#### CONNECT TO FOOD

##### MN Food Helpline

Information about food resources including SNAP/food stamps, food shelves, no-cost meal sites and more.

(Interpreters available) [hungersolutions.org/find-help](https://hungersolutions.org/find-help)

Call or text 1-888-711-1151



#### 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](https://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.

[agencies.2harvest.org/naps](https://agencies.2harvest.org/naps)

651-484-8241 • [naps@2harvest.org](mailto:naps@2harvest.org)



#### 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  
[hallieqbrown.org](https://hallieqbrown.org) • 651-224-4607

##### Salvation Army West

401 W. 7th St., Saint Paul  
[centralusa.salvationarmy.org](https://centralusa.salvationarmy.org) • 651-224-4316

##### Wellstone Center Food Market - Neighborhood House

179 E. Robie St., Saint Paul  
[neighborhoodhousemn.org/food-markets](https://neighborhoodhousemn.org/food-markets) • 651-789-3630

##### Neighborhood House on Montreal Food Market

1080 Montreal Ave, Saint Paul  
[neighborhoodhousemn.org/food-markets](https://neighborhoodhousemn.org/food-markets) • 651-699-3600

##### Open Hands Midway -

Bethlehem Lutheran Church  
436 Roy St. N., Saint Paul  
[openhandsmidway.org](https://openhandsmidway.org) • 651-646-6549

##### Department of Indian Work\*\*

Serves American Indian community  
3080 Centerville Rd., Little Canada  
[interfaithaction.org](https://interfaithaction.org) • 651-789-3849

##### Canasta Familiar\*\*

Serves Latino/e community  
797 E. 7th St., Saint Paul  
[clues.org](https://clues.org) • 651-379-4200

\*\*Culturally specific food shelves may not be located in this neighborhood.

#### No-cost Meals for All

St. Matthew's Catholic Church  
510 Hall Ave., Saint Paul  
[loavesandfishesmn.org](https://loavesandfishesmn.org) • 612-377-9810

#### Dorothy Day Center

438 Dorothy Day Place, Saint Paul  
[loavesandfishesmn.org](https://loavesandfishesmn.org) • 612-377-9810

#### No-cost Meals for Kids 0-18 Years

Download the "Free Meals for Kids" app on your phone.  
Or visit: [hungerimpactpartners.org/summereats](https://hungerimpactpartners.org/summereats)

#### Produce Distributions

##### Fresh Produce Distributions -

##### Neighborhood House

Multiple locations in Saint Paul  
[neighborhoodhousemn.org/food-support](https://neighborhoodhousemn.org/food-support)  
651-789-3630

#### Farmers Markets

Purchase locally produced food at a farmers market near you. Find a market that accepts SNAP/Market Bucks. Use up to \$10 SNAP, get \$20 in Market Bucks to spend on SNAP/EBT eligible foods.  
[hungersolutions.org/programs/market-bucks](https://hungersolutions.org/programs/market-bucks)

# Countywide Food Resource Guide

Offered as a printout, multiple languages available

Each page is organized by region of the county

Food Resources | Ramsey County



## Postcards

- Can use during community engagement/outreach events
- Purpose: give to community members who need food support
- Links to Food Resources page
- Multiple languages
- Internal order form





## Poster (8.5 x 11")

- Post in community settings
- Purpose: inform community members of resources
- Links to Food Resources Page
- Multiple languages
- [Food Resources Poster Order Form](#)



# Let's Connect

Sign up for Ramsey County's Food Security Listserv for updates or visit Ramsey County Food Security website for more information.

[Erin.Hanson@co.ramsey.mn.us](mailto:Erin.Hanson@co.ramsey.mn.us)  
[Carissa.Dillon@co.ramseycounty.us](mailto:Carissa.Dillon@co.ramseycounty.us)  
[Frances.Clary@co.ramsey.mn.us](mailto:Frances.Clary@co.ramsey.mn.us)

## **Internal Order Forms and Other Food Security Information for Staff:**

[Food Resources Poster Order Form | Ramsey County](#)

[Postcard Order Form | Ramsey County](#)

## **Other Useful Links:**

[Eligibility Noncitizens Health Care/Cash Assistance Programs](#)

[Hennepin County Interactive Food Map](#)