



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)



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 • 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, Market Bucks.

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

No-cost Meals for Kids 0-18 Years

Download the "Free Meals for Kids" app on your phone. Or visit: 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 • 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
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 • 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.

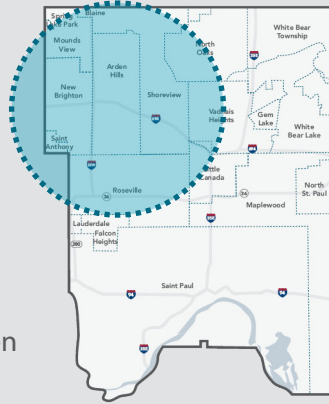
agencies.2harvest.org/naps

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



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

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
communityed.mvpschools.org/food/ralph-reeder
651-621-6280

St. John the Baptist Catholic Church

835 2nd Ave. NW, New Brighton
stjohnb.com • 651-633-8333

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
651-246-3638, call between 9 a.m. and 5 p.m

Canasta Familiar**

Serves Latino/e community
797 E. 7th St., Saint Paul
clues.org • 651-379-4200

Department of Indian Work**

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3849

No-cost Meals for Kids 0-18 Years

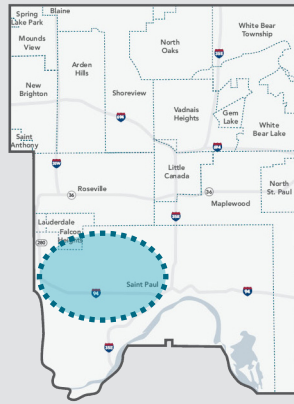
Download the "Free Meals for Kids" app on your phone.
Or visit: hungerimpactpartners.org/summereats

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



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 Food Center

1800 University Ave. W., Saint Paul
keystoneservices.org/food-shelf

The Midway Food and Empowerment Project

1610 Hubbard Ave., Saint Paul
hamlinemidway.org/TheMidwayProject • 612-470-2247

Masjid At-Taqwa Food Shelf

1608 Como Ave., Saint Paul
masmn.org/social-service

Comet's Cupboard - Concordia University

csp.edu/student-services/cometscupboard
651-641-8261

Franciscan Brothers of Peace

1289 Lafond Ave., Saint Paul
brothersofpeace.org/what-we-do/service • 651-646-8586

iHelp Marketplace

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

Sanneh Foundation at Black Youth Healing Arts Center & Frogtown Food Distribution

643 Virginia St., Saint Paul
thesannehfoundation.org • 651-690-4855

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

Haven Int'l Food Shelf

1535 Como Ave., Ste.1, Saint Paul
haven-intl.org • 651-335-2557

Feeding Frogtown Distribution

West Minnehaha Recreation Center
685 W. Minnehaha Ave., Saint Paul
frogtownmn.org/feedingfrogtown • 651-236-8699
Find on Facebook

Food Distribution, Hancock Elementary

1610 Hubbard Ave, Saint Paul 55104

Canasta Familiar**

Serves Latino/e community
797 E. 7th St., Saint Paul
clues.org • 651-379-4200

Department of Indian Work**

Serves American Indian community
3080 Centerville Rd., Little Canada
interfaithaction.org • 651-789-3849

No-cost Meals for All

Shobi's Table

shobistable.org
Faith Lutheran Church
499 Charles Ave., Saint Paul
Allianz Field - Parking Lot C
400 Snelling Ave N., Saint Paul
Christ on Capitol Hill
105 University Ave. W., Saint Paul
Rice and Larpenteur
1657 Rice Street, Saint Paul

Feeding Frogtown Meal Distribution

Locations vary
ctdFNA@gmail.com • 651-236-8699
Find on Facebook

No-cost Meals for Kids 0-18 Years

Download the "Free Meals for Kids" app on your phone.
Or visit: hungerimpactpartners.org/summereats

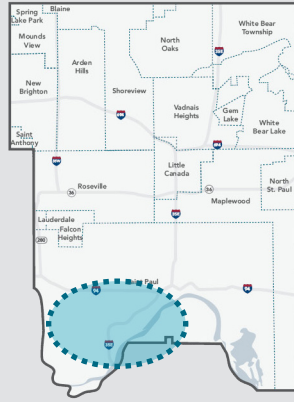
Farmers Markets

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



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 • 651-224-4607

Salvation Army West

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

Wellstone Center Food Market - Neighborhood House

179 E. Robie St., Saint Paul
neighborhoodhousemn.org/food-markets • 651-789-3630

Neighborhood House on Montreal Food Market

1080 Montreal Ave, Saint Paul
neighborhoodhousemn.org/food-markets • 651-699-3600

Open Hands Midway - Bethlehem Lutheran Church

436 Roy St. N., Saint Paul
openhandsmidway.org • 651-646-6549

Department of Indian Work**

Serves American Indian community
3080 Centerville Rd., Little Canada
interfaithaction.org • 651-789-3849

Canasta Familiar**

Serves Latino/e community
797 E. 7th St., Saint Paul
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 • 612-377-9810

Dorothy Day Center

438 Dorothy Day Place, Saint Paul
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

Produce Distributions

Fresh Produce Distributions - Neighborhood House

Multiple locations in Saint Paul
neighborhoodhousemn.org/food-support
651-789-3630

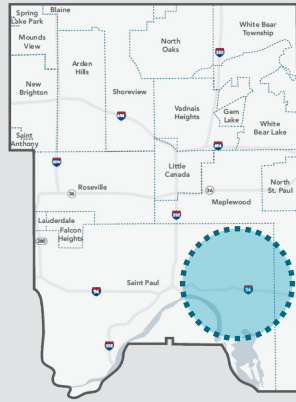
Farmers Markets

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



Resources in Your Neighborhood

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



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.

Fishes and Loaves Food Shelf

1505 Burns Ave., Saint Paul
progressivebaptistchurchmn.com • 651-497-5562

Merrick Community Services

Woodland Hills
1740 Van Dyke St. Door B, Saint Paul
Gustavus Adolphus Church
1669 Arcade St. N., Saint Paul
merrickcs.org • 651-287-2088

Conway Community Center

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

Fruit of the Vine Food Shelf

1280 Arcade St., Saint Paul
facebook.com/fotvspmn • 952-595-5980

Salvation Army East

1019 Payne Ave., Saint Paul
centralusa.salvationarmy.org • 651-776-8169

North Saint Paul Food Shelf

2266 2nd St. N., North Saint Paul
nspafoodshelf.org • 651-770-1309

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

Canasta Familiar**

Serves Latino/e community
797 E. 7th St., Saint Paul
clues.org • 651-379-4200

Department of Indian Work**

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3849

No-cost Meals for All

Union Gospel Mission Twin Cities Men's Campus

Serves men 18 and older
435 University Ave. E., Saint Paul
ugmtc.org/food-shelter
651-228-1800

No-cost Meals for Kids 0-18 Years

Download the "Free Meals for Kids" app on your phone.
Or visit: hungerimpactpartners.org/summereats

Conway Community Center

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

Produce Distributions

Fresh Produce Distributions - Neighborhood House

Multiple locations in Saint Paul
neighborhoodhousemn.org/food-support
651-789-3630

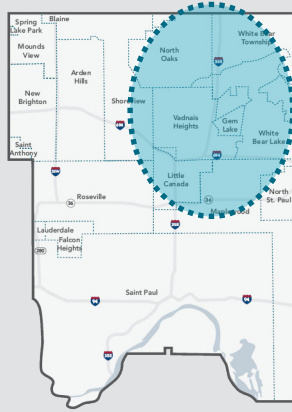
Farmers Markets

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



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

Woodland Hills
1740 Van Dyke St. Door B, Saint Paul
Gustavus Adolphus Church
1669 Arcade St. N., Saint Paul
merrickcs.org · 651-287-2088

Lakewood Salvation Army

2080 Woodlynn Ave., Maplewood
centralusa.salvationarmy.org · 651-770-0282

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights
e-clubhouse.org/sites/vadnaishts
651-246-3638, call between 9 a.m. and 5 p.m.

North Saint Paul Food Shelf

2266 2nd St. N., North Saint Paul
nspafoodshelf.org · 651-770-1309

Canasta Familiar**

Serves Latino/e community
797 E. 7th St., Saint Paul
clues.org · 651-379-4200

Department of Indian Work**

Serves American Indian community
3080 Centerville Road, Little Canada
interfaithaction.org · 651-789-3849

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

Download the "Free Meals for Kids" app on your phone.
Or visit: hungerimpactpartners.org/summereats

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

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



ramseycounty.us/FoodResources

