



# HEL CUNTADA IYO KHEYRAADKA AASAASIGA AH EE KUU DHOW ILOOYIN DALKA OO DHAN

Barnaamijyo dhawr ah ayaa jira oo kaa caawinaya in aad hesho cunto caafimaad ah, cunto nafaqo leh iyo alaabta daruuriga ah (xafaayadda musqusha, dawada cadayga, xafaayado).



## [ramseycounty.us/FoodResources](https://ramseycounty.us/FoodResources)

Ka eeg kheyraadka iyo khariidada onlayn-ka ah ee khaanadaha cuntada, goobaha cuntada ee bilaashka ah, suuqyada beeralayda



## Service Center Navigators (Jiheeyaha Xarunta Adeegga)

651-266-0600

Hel caawimaadda gelitaanka adeegyada Degmada Ramsey County. Isniin-Jimce: 8 a.m.– 4:30 p.m. (Turjumaan baa la heli karaa)



## KORDHI MIISAANIYADAADA CUNTADA EE BILLAHA

### Women, Infants & Children (WIC)

Cunto caafimaad leh, la-talin nafaqo, iyo taageero naasnuujin ah oo loogu talagalay uurka, haweenka umusha ah, dhallaanka iyo carruurta ka yar 5 jir. (Turjumaan baa la heli karaa)

[ramseycounty.us/wic](https://ramseycounty.us/wic) • 651-266-1300

### Supplemental Nutrition Assistance Program (SNAP)

SNAP (Kuubanada Cuntada) waxay ka caawisaa dadka dakhligoodu yar yahay inay helaan cunto nafaqo leh iyaga oo ku soo shuba manfaco cunto bille ah kaarka EBT (sida kaarka deynta).

Wixii su'aalo ah iyo sida loo dalbanayo: [ramseycounty.us/SNAP](https://ramseycounty.us/SNAP) • 651-266-4444

### Fare For All

Ku iibso raashinka qiimo jaban. Ma jiraan wax shuruudooyin ah ee ka qaybqaadashada mana jirto isdiiwaangelin hore. La oggol yahay: deyn, lacag caddaan ah, dhigaal, SNAP/EBT, Market Bucks.

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

### Market Bucks

Saddex laab lacag bixinta SNAP oo leh Market Bucks. Ku bixi ilaa \$10 gudaha SNAP, ka hel ilaa \$20 oo bilaash ah Market Bucks si aad ugu kharash garayso SNAP cuntooyinka u qalma iyo wax soosaarka. Waxa laga heli karaa Suuqyada Beeralayda ee ka qayb qaadanaya, Fare for All, Twin Cities Mobile Market [hungersolutions.org/programs/market-bucks](https://hungersolutions.org/programs/market-bucks)

### Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

La soo deg Hunger Impact Partners app. [hungerimpactpartners.org/summereats](https://hungerimpactpartners.org/summereats)



## GAADIIDKA AMA CAQABADAHA ISU-SOCODKA

### Twin Cities Mobile Market

Dukaan raashin oo saaran bas. Ka iibso cuntooyin jaban meelaha joogsiga ee agagaarka metro. Waxa la oggolyahay: credit, kaash, debit, SNAP/EBT, Market Bucks

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



## KU-XIRAN CUNTO

### MN Food HelpLine

Macluumaadka ku saabsan kheyraadka cuntada oo ay ku jiraan SNAP/kuubanada cuntada (SNAP/food stamps), khaanadaha cuntada, goobaha cuntada bilaashka ah iyo wax ka badan.

(Turjumaan baa la heli karaa) [hungersolutions.org/find-help](https://hungersolutions.org/find-help)

Wac ama u dir qoraal 1-888-711-1151



## DADKA WAA WAYN AMA KUWA NAAFADA AH

### Meals on Wheels

U-Keensita cunto nafaqo leh waayeelka iyo kuwa naafado ah ee guriga ku xanniban, muddo gaaban ama muddo dheer.

[meals-on-wheels.com](https://meals-on-wheels.com) • 612-623-3363

### Nutrition Assistance Program for Seniors (NAPS)

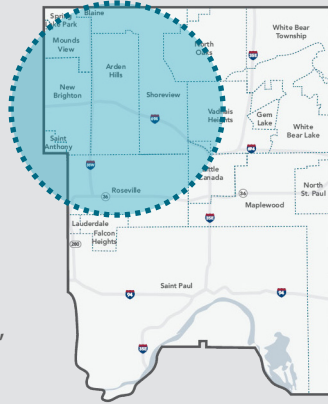
Waayeelka uqalma (60 sanno +) waxay helayaan sanduuq cuntada khaanadaha, oo ay ku jiraan miraha qasacadaysan, hilib iyo badar. U-wac qalmanaanta oo hel goobta.

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



## Khayraadka Xaafadaada

Suburb-ka woqyi-galbeed:  
New Brighton, Mounds View,  
Shoreview, Arden Hills, Roseville,  
North Oaks, Falcon Heights



## Suuqa Beeralayda

Ka iibso cuntada gudaha laga soo saaro suuqa beeralayda ee kuu dhow. Raadi suuq aqbala SNAP/ Market Bucks. Isticmaal ilaa \$10 SNAP, hel \$20 Market Bucks si aad ugu kharash garayso SNAP cuntooyinka u qalma iyo wax soo saarka.

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

## Khaanadaha Cuntada & Raashinka Bilaashka ah

Qaar ka mid ah khaanadaha cuntada ayaa leh xuduud aagga adeegga waxayna u baahan yihiin caddaynta ciwaanka ama aqoonsiga. Hore ka sii wac wixii ah shuruudaha aqoonsiga, saacadaha iyo faahfaahinta cusub. Keenista waa la heli karaa.

### Ralph Reeder Food Shelf Program

2544 Mounds View Blvd., Mounds View  
[communityed.mvpschools.org/food/ralph-reeder](https://communityed.mvpschools.org/food/ralph-reeder)  
651-621-6280

### St. John the Baptist Catholic Church

835 2<sup>nd</sup> Ave. NW, New Brighton  
[stjohnb.com](http://stjohnb.com) · 651-633-8333

### Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights  
[e-clubhouse.org/sites/vadnaishts](https://e-clubhouse.org/sites/vadnaishts)  
612-245-9259, Wac saacadaha u dhexeeya 9 subaxnimo iyo 5 galabnimo.

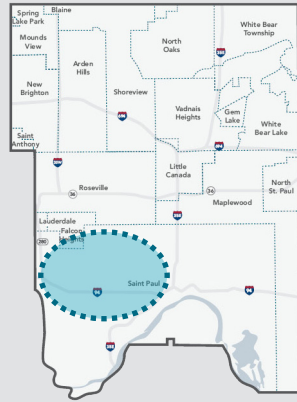
### Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

La soo deg Hunger Impact Partners app.  
[hungerimpactpartners.org/summereats](https://hungerimpactpartners.org/summereats)



## Khayraadka Xaafadaada

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



## Khaanadaha Cuntada & Raashinka Bilaashka ah

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### 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

### 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-services • 612-203-3348

### Frogtown Food Distribution

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

### Comet's Cupboard -Concordia University

csp.edu/student-services/cometscupboard • 651-369-9801

### 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

### 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

## Cuntooyinka Bilaashka ah ee Dadkoo Dhan

### Shobi's Table

shobistable.org /  
Rice and Larpenteur  
1657 Rice St., Saint Paul  
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

### Feeding Frogtown Meal Distribution

Goobuhu way kala duwan yihiin  
ctdFNA@gmail.com • 651-236-8699  
Ka hel Facebook-ga

## Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

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hungerimpactpartners.org/summereats

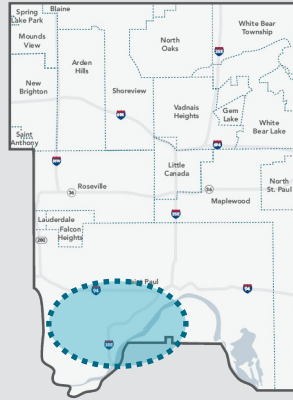
## Suuqa Beeralayda

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hungersolutions.org/programs/market-bucks



## Khayraadka Xaafadaada

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



## Khaanadaha Cuntada & Raashinka Bilaashka ah

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### 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

## Cuntooyinka Bilaashka ah ee Dadkoo Dhan

### 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

## Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

La soo deg Hunger Impact Partners app.  
hungerimpactpartners.org/summereats

## Soo saar Qaybinta

### Qaybinta Soosaarka Cusub - Neighborhood House

Goobo badan oo Saint Paul ah  
neighborhoodhousemn.org/food-support  
651-789-3630

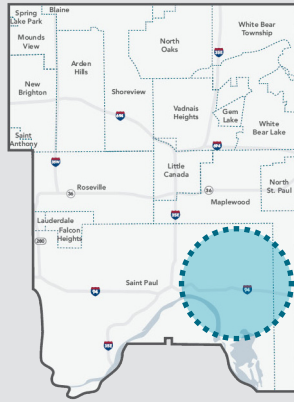
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hungersolutions.org/programs/market-bucks



## Khayraadka Xaafadaada

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



## Khaanadaha Cuntada & Raashinka Bilaashka ah

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### 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, 55106  
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

## Cuntooyinka Bilaashka ah ee Dadkoo Dhan

### Union Gospel Mission Men's Campus

Waxay u adeegaysaa ragga 18 ama ka weyn  
435 University Ave. E., Saint Paul  
ugmtc.org/food-shelter  
651-228-1800

## Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

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hungerimpactpartners.org/summereats

### Conway Community Center

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

## Soo saar Qaybinta

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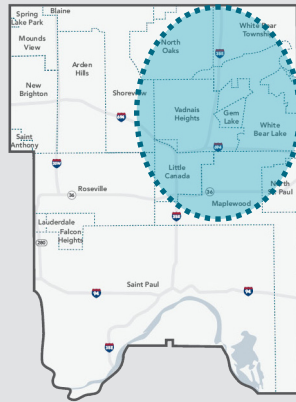
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hungersolutions.org/programs/market-bucks



## Khayraadka Xaafadaada

Suburb-ka woqooyi-bari:  
Maplewood, White Bear Lake,  
White Bear Lake Township,  
Vadnais Heights, Little Canada,  
Gem Lake, North Saint Paul



## Khaanadaha Cuntada & Raashinka Bilaashka ah

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### White Bear Lake Area Emergency Food Shelf

1884 Whitaker St., White Bear Lake  
[whitebearfoodshelf.org](http://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](http://merrickcs.org) · 651-287-2088

### Lakewood Salvation Army

2080 Woodlynn Ave., Maplewood  
[centralusa.salvationarmy.org](http://centralusa.salvationarmy.org) · 651-770-0282

### Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights  
[e-clubhouse.org/sites/vadnaights](http://e-clubhouse.org/sites/vadnaights)  
612-245-9259, Wac saacadaha u dhexeeya 9  
subaxnimo iyo 5 galabnimo.

### North Saint Paul Food Shelf

2266 2nd St. N., North Saint Paul  
[nspafoodshelf.org](http://nspafoodshelf.org) · 651-770-1309

## Cuntooyinka Bilaashka ah ee Dadkoo Dhan

Our Redeemer Lutheran Church  
1390 Larpenteur Ave. E., Saint Paul  
[loavesandfishesmn.org](http://loavesandfishesmn.org) · 612-377-9810

## Cuntooyinka Bilaashka ah ee Carruurta 0-18 Sano Jirka

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[hungerimpactpartners.org/summereats](http://hungerimpactpartners.org/summereats)

## Soo saar Qaybinta

Qaybinta Soosaarka Cusub -  
Neighborhood House  
Goobo badan oo Saint Paul ah  
[neighborhoodhousemn.org/food-support](http://neighborhoodhousemn.org/food-support)  
651-789-3630

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[ramseycounty.us/FoodResources](https://ramseycounty.us/FoodResources)

