



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 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

Double your SNAP benefits with Market Bucks. Spend up to \$10 in SNAP, get up to \$10 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

Food Boxes for Seniors

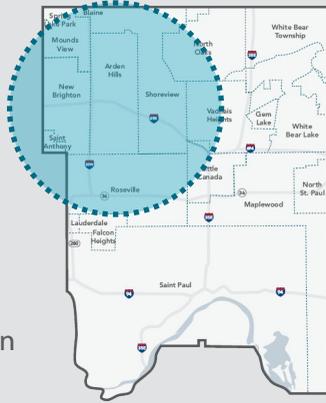
Eligible seniors (60+ years) receive a box of shelf stable foods, including canned fruits, vegetables, meat and grains. Call for eligibility and to find a location.

866-844-3663 • 2harvest.org/find-food/csfnaps



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 \$10 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
461 Maria Ave., Saint Paul
clues.org • 651-444-2156

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

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



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Resources in Your Neighborhood

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



Food Shelves & No-cost Groceries

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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/food-shelf

The Midway 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

275 Syndicate St N North, St Paul, MN 55104
csp.edu/student-services/cometscupboard • 651-641-8359

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

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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

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interfaithaction.org • 651-789-3849

No-cost Meals for All

Open Hands Midway - Bethlehem Lutheran Church

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

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

No-cost Meals for Kids 0-18 Years

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hungersolutions.org/programs/market-bucks

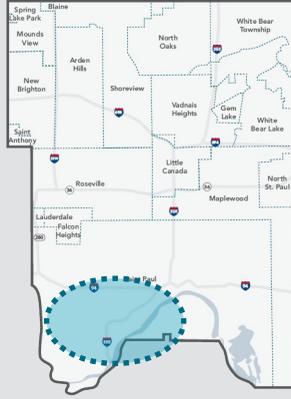


Explore these and other neighborhood food resources on the Food Resources Map by scanning the QR code or by visiting: RamseyCounty.us/FoodResources



Resources in Your Neighborhood

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



Canasta Familiar**

Serves Latino/e community
461 Maria Ave., Saint Paul
clues.org • 651-444-2156

No-cost Meals for All

St. Matthew's Catholic Church
510 Hall Ave., Saint Paul
loavesandfishesmn.org • 612-377-9810

Open Hands Midway - Bethlehem Lutheran Church

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

Dorothy Day Center

422 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

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Food Shelves & No-cost Groceries

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Delivery may be available.

Hallie Q Brown Food Shelf

270 N. Kent St., Saint Paul
hallieqbrown.org • 651-224-4606

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

NOURISH

376 Western Ave. N, Saint Paul
nourishmn.org • 612-440-7768

Department of Indian Work**

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

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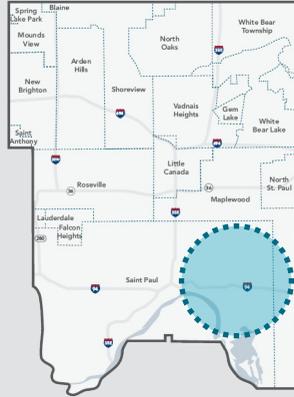


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Resources in Your Neighborhood

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



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clues.org • 651-444-2156

Department of Indian Work**

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3080 Centerville Road, Little Canada
interfaithaction.org • 651-789-3849

No-cost Meals for All

New Hope Baptist Church

711 Bradley St., Saint Paul
651-772-4080

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

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Fishes and Loaves Food Shelf

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

Merrick Community Services

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

The Corner Shelf - Woodland Hills

1740 Van Dyke St., Saint Paul
651-287-3000

Today's Harvest

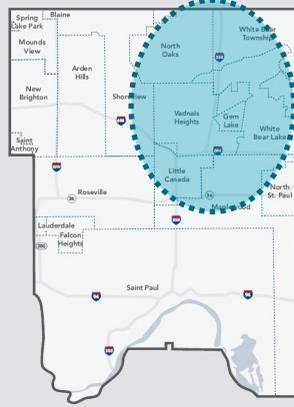
1740 Van Dyke St. Maplewood
todaysharvestmn.org • 651-323-1200

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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

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White Bear Community Market

2446 County Road F, White Bear Lake
whitebearfoodshelf.org • 651-407-5310

White Bear Lake Area Food Shelf

1884 Whitaker St., White Bear Lake
whitebearfoodshelf.org • 651-407-5310

Today's Harvest

1740 Van Dyke St. Maplewood
todaysharvestmn.org • 651-323-1200

Merrick Community Services

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
nspfoodshelf.org • 651-770-1309

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The Corner Shelf - Woodland Hills

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651-287-3000

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clues.org • 651-444-2156

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

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