

FOOD RESOURCES

Minnesota Food HelpLine

1-888-711-1151

- Can determine eligibility for federal SNAP/Food stamps or to find a food shelf near you

LOAVES AND FISHES MEAL LOCATIONS – SEE HANDOUT

Midway Food Shelf

(651) 917-3792

1916 University Ave W. St Paul MN

- Hours: Monday – Friday 9 am - 12:30 pm, 2 pm - 4:30 pm
- Tuesdays 2pm – 6:30 pm
- Walk in only

Rice Street Food Shelf

(651) 917-3792

1457 Rice Street St Paul, MN

- Hours: Monday – Friday 9 am – 12:30 pm, 2 pm – 4:30 pm
- Thursdays 2 pm – 6:30 pm
- Walk in only

Roseville Food Mobile

Run by Keystone Food Shelf

1. St. Michael's Lutheran Church, 1660 County Road B West - 2nd Tuesday of each month from 3:00pm-5:00pm
2. St. Christopher's Episcopal Church, 2300 Hamline Ave - 2nd Friday from 1:30-3:30pm
3. Roseville Covenant Church, 2865 Hamline Ave N - 4th Friday from 10:00 am to Noon (we're there from 2-4pm in December)

New RAHS Food Shelf Hours: 4/3/20 during coronavirus

RAHS: 1240 County Rd B2 Roseville, MN 55113

- Roseville families
- 9am - 1pm on Monday, Wednesday & Fridays.
- Enter the loop at the high school and follow the signs posted. NO fresh fruit, veggies or meat items. The RAHS staff will shop for you as the public waits inside their vehicle.

Salvation Army - St. Paul Citadel Central Service Center

651-224-4316

401 West 7th Street, Saint Paul

- Food Shelf: Mondays & Wednesdays at 9 AM | Tuesdays and Thursdays at 1 PM
- Brown Bag Food Program for Seniors: 4th Wednesday of the Month at 1 PM
- Food Fair Fresh Food Distribution: Fridays at 11 AM

Salvation Army - St. Paul Eastside Service Center 651-776-8169

1019 Payne Ave, St. Paul

- Hot lunch meal (Monday – Friday, 11:45 a.m. – 12:45 p.m.)
- Emergency food shelf for adults and families (Monday – Friday, first 15 walk-ins per shift)
- Free food distribution
 - Fridays from 2 -3 p.m., excluding the first Friday of the month (year-round)
 - Tuesdays at 11 a.m. (September – May)

Salvation Army - Minneapolis Central Service Center 612-789-2858

2727 Central Ave. NE, MINNEAPOLIS

- Food support applications
- Free summer lunch program
 - (Monday – Friday, 11:30 a.m. – 12:30 p.m., June 15 – August 19)

Neighborhood House 651-793-7340

The Wellstone Center: 179 Robie Street East Saint Paul, MN 55107

- Food support program (Call for eligibility)

Second Harvest Heartland 888-339-3663

1140 Gervais Ave, St. Paul MN 55109

- Food assistance for seniors 651-484-8241
- Meals for kids (under 18) in the summer: text “food” to 877-877 to find free meals in your area.

LONG-TERM FOOD OPTIONS

Supplemental Nutrition Assistance Program (SNAP) / Food Stamps 651-209-7963

- Eligibility is based on monthly income and household size
- To find out if you are eligible for SNAP benefits, call outreach specialist (see right) or use our online screening tool or the Bridge to Benefits screening tool.

Commodity Supplemental Food Program (CSFP) 651-484-8241

- For low-income adults 60 years of age and older. A monthly box of food can be picked up at a variety of locations around the state.

- Summer Food Service Program (SFSP)** 612-516-3663
- Providing summer meals for kids up to age 18 who participate in free or reduced-price lunch options when school is in session. Use the Summer Meal Map to find a free meal site near you, or call or text for locations.
- FARE – Food Access to Restore Equity** 612-788-0950
 Eastside Food Co-Op: 2551 Central Ave NE Minneapolis, MN 55418
- Receive 20% discount on fresh fruits, veggies, and staple items throughout the store.
 - Any shopper enrolled in state and federal food assistance programs is eligible. Must present EBT card to shop and fill out enrollment form.
- WIC - Women Infants Children** 651-266-1300
- A supplemental food, nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.
 - Call for eligibility for food support.
 - WIC lactation consultant number: 651-249-1683
- Minnesota Family Investment Program (MFIP)** 651-266-4444
- Helps families and pregnant women who have low income go to work and move toward financial stability.
 - Food assistance, employment services, and income assistance
- Senior Nutrition Assistance** 651-266-4444
- Includes senior dining sites and home-delivered meals
 - People age 60 or older may participate
- The Minnesota Food Assistance Program (MFAP)** 651-266-4444
- Provides state-funded food assistance to legal noncitizens age 50 or older who do not qualify for the Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps or Food Support) because of their citizenship status.
 - Eligibility:
 - Be eligible for SNAP except for the U.S. citizenship requirement
 - Be a noncitizen lawfully residing in the United States
 - Live in Minnesota
 - Not be enrolled in the MFIP