

# Food Resources



## **Bridge to Benefits**

651-227-6121 • [www.bridgetobenefits.org](http://www.bridgetobenefits.org)  
555 Park Street, Suite 410  
St. Paul, MN 55103  
Online tool for assessing eligibility for public benefits.

## **Minnesota Food Helpline**

1-888-711-1151 • [www.hungersolutions.org](http://www.hungersolutions.org)  
This helpline will help enroll persons that qualify for SNAP (formerly known as food stamps) and find emergency food assistance close to their home.

## **Store to Door**

651-642-1892 • [www.storetodoor.org](http://www.storetodoor.org)  
Shops for and delivers groceries and prescriptions every two weeks to aging and homebound seniors.

## **Angel Food Ministries**

[www.angelfoodministries.com](http://www.angelfoodministries.com)  
Go to the website to order a box of fresh fruits, vegetables, meats, and desserts for \$30. Families may pick up food on the last Saturday of the month. See website for locations.

## **CAPSH**

952-933-9639 • [www.capsh.org](http://www.capsh.org)  
8800 Highway 7, Suite 401  
St. Louis Park, MN 55426  
Assists with completing food assistance applications.

## **Simply Good Eating**

612-596-2110 x 5  
[www.extension.umn.edu/Nutrition](http://www.extension.umn.edu/Nutrition)  
Food buying tips, nutrition, and education.

## **CEAP Meals on Wheels**

763-450-3678 • [ceap.com/mealsonwheels](http://ceap.com/mealsonwheels)  
Delivers hot, nutritious meals and lunch time, Monday-Friday, to homebound, elderly, and disabled people in the Brooklyn Center, Brooklyn Park, and Northern area of Minneapolis in the Camden neighborhood.

## **Meals on Wheels**

[www.meals-on-wheels.com/home](http://www.meals-on-wheels.com/home)  
Delivers hot, nutritious meals at lunch time, Monday-Friday, to homebound, elderly, and disabled people in the Twin Cities.

## **Fare for All**

763-450-3880 • [www.emergencyfoodshelf.org](http://www.emergencyfoodshelf.org)  
8501 54<sup>th</sup> Ave N  
New Hope, MN 55364  
New Hope warehouse open 9:30am-7pm every other Monday, no appointments necessary. Open to everyone.

## **WIC-Hennepin County**

[www.health.state.mn.us/divs/fh/wic](http://www.health.state.mn.us/divs/fh/wic)  
1-800-WIC-4030 • 612-813-6239 x40  
WIC is a nutritional program that helps eligible pregnant women, infants, and young children meet nutritional needs.

## **Islamic Center of Minnesota**

763-571-5604 • [www.islamiccentermn.org](http://www.islamiccentermn.org)  
1401 Gardena Ave NE  
Fridley, MN 55432  
Halal/ Zabiha foods only for needy families of Minnesota. Pick up is scheduled for third Sunday of each month from 11:30am to 2pm.

## **Community Emergency Services**

612-870-1125 • [www.cesmn.org](http://www.cesmn.org)  
1900 11<sup>th</sup> Ave S  
Minneapolis, MN 55404  
Somali food distribution weekly. Call for days/ times. Available for East Africans who live in the metropolitan Twin Cities.

## **Sharing and Caring Hands**

612-388-4640 • [www.sharingandcaringhands.org](http://www.sharingandcaringhands.org)  
525 North 7<sup>th</sup> St.  
Minneapolis, MN 55405  
Free meals on certain days/ times.

*See other side for more food resources...*

# Food Resources



## House of Charity

612-594-2000 • <http://houseofcharity.org>  
510 South 8<sup>th</sup> St  
Minneapolis, MN 55404  
Free meals 8:30-9am (women and children) and 12-1pm (open to all); 10:30-11:30 weekend brunch (open to all).

## Food Allergy Support

[www.foodallergysupportmn.org](http://www.foodallergysupportmn.org)

## Loaves and Fishes

612-377-9810 • <http://loavesandfishesmn.org>  
Several metropolitan locations. Free hot meals served weeknights.

## Plymouth Farmers Market

[www.ci.plymouth.mn.us/](http://www.ci.plymouth.mn.us/)  
3600 Plymouth Blvd  
Plymouth, MN  
Wednesday's 2:30-6:30pm, early July through mid-October.

## Minneapolis Farmers Market

[www.mplsfarmersmarket.com](http://www.mplsfarmersmarket.com)  
312 East Lyndale Ave N  
Minneapolis, MN 55405  
Everyday 6am-1pm  
Accepts EBT cards.

## Nicollet Mall Farmers Market

Thursday's 6am-6pm late April to early November  
Accepts EBT cards.