

Food Resources Around Minnesota's 4th District

- www.ramseycountymn.gov/residents/assistance-support/assistance/food-resources
- www.washingtoncountymn.gov/788/Food-Support-SNAP

If facing immediate food insecurity, please reach out to the helpline to find nearby food shelves.

MINNESOTA FOOD HELPLINE: call or text 1-888-711-1151

Food Help Map: www.hungersolutions.org/find-help/

Food Shelves

To ensure you get connected to the resources needed, contact the food shelf before visiting to confirm times/locations, check for eligibility requirements, and learn if an appointment is required.

Keystone Foodmobile

Monthly mobile food distribution across both Washington and Ramsey County
keystoneservices.org/events/ for locations

Ramsey County:

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

Open Hands Midway - Bethlehem Lutheran Church

436 Roy St. N., Saint Paul 55104
Phone: 651-646-6549
Every Monday and Wednesday of the month:
12 – 2 p.m.

Keystone Community Services – Midway

1800 University Ave. W., Saint Paul 55104
Phone: 651-917-3792
Monday, Tuesday, Thursday, Friday:
10 a.m. – 12 p.m. & 2 – 4 p.m.
Wednesday: 11 a.m. – 1 p.m. & 4 – 6 p.m.

Franciscan Brothers of Peace

1289 Lafond Ave., Saint Paul 55104
Phone: 651-646-8586
First & third Monday of the month:
9:30 – 11:30 a.m.

iHelp Marketplace

900 Dale St. N., Saint Paul 55103
Phone: 651-488-4463
Tuesday, Thursday: 2 - 4 p.m.

Second Harvest Heartland

Monthly food boxes for eligible seniors.
Eligibility is income-based, only for seniors 60+
Phone: 651-484-8241

Concordia University Food Shelf

1280 Concordia Ave., Saint Paul 55104
Phone: 651-641-8359
Monday: 10:30 a.m. – 12 p.m.
Tuesday 12 p.m. – 3 p.m.
Thursday: 9 :30 – 10:30 a.m. & noon – 2 p.m.
Friday: 10 – 11:30 a.m. & 12:30 – 2:30 p.m.

Feeding Frogtown Grocery Gatherings

West Minnehaha Recreation Center
685 W. Minnehaha Ave., Saint Paul 55104
Phone: 651-236-8699
www.frogtownmn.org/feedingfrogtown
Every other Friday (check website): 3 – 6 p.m.

The Sanneh Foundation

Black Youth Healing Arts Center
643 Virginia St., Saint Paul 55103
Phone: 651-690-4855
Every other Monday 1 – 2 p.m.
Upcoming dates: 2/16, 3/2, 3/16, 3/30, 4/13, 4/27, 5/11, 6/8, 6/22, 7/6, 7/20, 8/3, 8/17, 8/31, 9/14, 9/28, 10/12, 10/26.

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

Hallie Q Brown Food Shelf

270 N. Kent St., Saint Paul 55102
Phone: 651-224-4606
Hours vary by appointment time

NOURISH Food Shelf

376 Western Ave. N., Saint Paul 55103

Phone: 612-440-7768

Saturday: 10:30 a.m. – 12 p.m.

Sunday: 12:30 – 1:30 p.m. (Seniors only)

Salvation Army West

401 W. 7th St., Saint Paul 55102

Phone: 651-224-4316

Mon, Wed: 10 a.m. – 12 p.m. & 1 – 3 p.m.

Friday: 11 a.m. – 2 p.m.

Wellstone Center Food Market

- Neighborhood House

179 E. Robie St., Saint Paul 55107

Phone: 651-789-3630

Mondays: 2–6 p.m.

Tuesdays–Thursdays: 10 a.m.–2 p.m.

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

Fishes and Loaves Food Shelf

1505 Burns Ave., Saint Paul 55106

Phone: 651-888-1101

Saturday: 10:30 a.m. – 12 p.m.

Canasta Familiar

461 Maria Ave., Saint Paul 55106

Phone: 612-444-2156

Monday: 4 – 6 p.m.

Salvation Army East

1019 Payne Ave., Saint Paul 55130

Phone: 651-776-8196

Mon, Tues, Thurs, Fri: 11:45 a.m. - 12:45 p.m.

Merrick Community Services – Gustavus

Adolphus Church

1669 Arcade St. N., Ste. 4, Saint Paul 55106

Phone: 651-219-5535 call for eligibility details

Drive Through Hours Only – Door 3:

Monday: 3 – 5 p.m.

Tuesday, Wednesday: 10 a.m. – 12 p.m.

The Sanneh Foundation

Hancock Elementary

2090 Conway St., Saint Paul 55119

Phone: 651-690-4855

Every other Wednesday: 12 – 2 p.m.

Upcoming dates:

2/18, 3/4, 3/11, 3/18, 4/1, 4/15, 4/22, 5/6, 5/13,

5/20

The Sanneh Foundation

Conway Community Center

2090 Conway St., Saint Paul 55119

Phone: 651-690-4855

Every Other Tuesday: 3 - 5 p.m.

Upcoming dates:

2/24, 3/10, 3/24, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16,

6/30, 7/14, 7/28, 8/11, 8/25, 9/8, 9/22, 10/6, 10/20

Fruit of the Vine Food Shelf

1280 Arcade St., Saint Paul 55106

Phone: 952-595-5980

Tuesday: 3 – 6 p.m.

Friday: 11 a.m. – 1 p.m. - Crisis appointments

Saturday: 9 – 12:00 p.m.

Suburbs: New Brighton, Mounds View, Shoreview, Arden Hills, Roseville, North Oaks, Falcon Heights

Ralph Reeder Food Shelf Program

2544 Mounds View Blvd., Mounds View 55112

Phone: 651-621-6280

Hours vary by appointment times

St. John the Baptist Catholic Church

835 2nd Ave. NW, New Brighton 55112

Phone: 651-633-8333

Monday, Wednesday, Friday: 9:30 – 11:30 a.m.

Masjid At-Taqwa Food Shelf

1608 Como Ave., Saint Paul 55108

Phone: 651-457-7170

Third Saturday of the month: 12 – 1 p.m.

HAVEN Int'l Food Shelf

1535 Como Ave., Ste. 1, Saint Paul 55108

Phone: 651-335-2557

Last Friday of the month: 4 – 6 p.m.

Emergency appointments available.

Suburbs: Maplewood, White Bear Lake, White Bear Lake Township, Vadnais Heights, Little Canada, Gem Lake, North Saint Paul

White Bear Lake Area Emergency Food Shelf

1884 Whitaker St., White Bear Lake 55110

Phone: 651-407-5310

Monday, Tuesday: 4 – 7 p.m.

Wednesday, Thursday, Friday: 11 a.m. – 2 p.m.

Community Market

2246 County Road F, White Bear Lake 55110

Phone: 651-407-5310

Monday, Tuesday, Wednesday, Friday: 1–4 p.m.

Salvation Army Lakewood

2080 Woodlynn Ave., Maplewood 55109

Phone: 651-779-9177

Monday, Tuesday, Thursday: 9:30 a.m. – 2:30 p.m.

Interfaith Action Food Shelf

(Serves American Indian community)

3080 Centerville Road, Little Canada 55117

Phone: 651-789-3849

Monday: 12 – 6 p.m.

Tuesday, Wednesday, Thursday: 9 a.m. – 3 p.m.

Vadnais Heights Lions Club Food Shelf

655 County Road F E., Vadnais Heights 55127

Phone: 651-246-3638

Third Saturday of the month:

January – October: 9 – 10 a.m.

November – December: 9 – 11 a.m.

North Saint Paul Food Shelf

2266 2nd St. N., North Saint Paul 55109

Phone: 651-770-1309 call for appointment

Monday, Tuesday, Thursday, Friday:

10:30 a.m. – 12:30 p.m.

Wednesday hours vary, for emergency appointments only.

Today's Harvest

1740 Van Dyke St., Maplewood 55109

Phone: 651-323-1200

Monday through Friday: 12 – 6 p.m.

Saturday: 10 a.m. – 1 p.m.

Washington County:

Suburbs: Oakdale, Stillwater

Today's Harvest

8264 4th St. N., Oakdale 55128

Phone: 651-409-1005

Monday through Friday: 12 – 6 p.m.

Saturday: 10 a.m. – 1 p.m.

Open Cupboard

8264 4th Street North, Oakdale 55128

Phone: 651-233-1296

Monthly Options

- **Drive-Up Service** Appointment required
Thursday 2– 5 p.m.
Friday 10 a.m. – 2 p.m.
- **Delivery Program**
- **Senior Mobile Food Shelf Program**
Visits senior living communities

Landfall residents

Tuesday: 4:00-5:00 p.m.

St. Andrew's Resource Center

900 Stillwater Road, Mahtomedi 55115

Phone: 651-762-9124

Intake, Food Market, Clothesline, and more

Monday – Thursday: 9 a.m. – 3 p.m.

Valley Outreach Food Shelf

1911 Curve Crest Blvd W, Stillwater 55082

Phone: 651-430-2739

Monday: 9:30 a.m. – 12:30 p.m.

Tuesday: 1:30 – 6:30 p.m.

Thursday: 1:30 – 6:30 p.m.

Friday: 9:30 a.m. – 12:30 p.m.

Free Meals

For more details: www.loavesandfishesmn.org/find-a-community-meal-list/
Contact Loaves and Fishes: 612-377-9810

Open Hands Midway at Bethlehem Lutheran Church

436 Roy St N., Saint Paul 55104
Phone: 651-646-6549
Mon & Wed: 12 - 2 p.m.

Shobi's Table at Christ on Capitol Hill 105 University Ave W, St. Paul, MN 55103 Contact: info@shobistable.org

Tuesday: 12 – 1 p.m.

Shobi's Table - Rice & Larpenteur 1657 Rice Street, Saint Paul 55117

Phone: info@shobistable.org
Wednesday: 12 - 1 p.m.

Shobi's Table at Faith Lutheran Church 499 Charles Ave, Saint Paul 55103

Contact: info@shobistable.org
Thursday: 12 - 1 p.m.

Shobi's Table - Allianz Field 400 Snelling Ave N., Saint Paul 55104

Contact: info@shobistable.org
Friday: 12 - 1 p.m.

New Hope Baptist Church

711 Bradley Street, Saint Paul 55130
Phone: 651-772-4080
Tuesday – Thursday: 9:00 a.m. – 1:30 p.m.

Union Gospel Mission Twin Cities

435 University Avenue East, Saint Paul 55130
Phone: 651-292-1721

Daily meals:
Breakfast 6:30 a.m. - 7:30 a.m.
Lunch: 12:00 p.m. - 1:00 p.m.
Dinner: 5:30 - 6:30 p.m.

St. Matthew's Catholic Church

510 Hall Ave, Saint Paul 55107
Monday through Friday: 5:00 p.m. - 6:00 p.m.
Phone: 612-377-9810

Seniors Only:

Optage Senior Dining Choices

2845 Hamline Avenue N., Roseville 55113
Phone: 651-746-8280 Call for eligibility details