

Free Dining Sites

free meal for yourself or family

Food Resource Guide

Saint Paul | 2019

Open Hands Midway

436 Roy St N, 55104

651-646-6549

www.openhandsmidway.org/programs

Mon: 12-2 p.m.



First Lutheran Church Wellness Wednesdays

463 Maria Ave, 55106

www.eastsidefirst.com/wellness.html

Wellness Weds: 4-7 p.m.

with meal at 6 p.m., during school year

Salvation Army

West

401 7th St W, 55102

651-224-4316

Mon-Fri: 7:30-8:30 a.m.

East

1019 Payne Ave, 55130

651-776-8169

Mon-Fri: 11:45 a.m.-12:45 p.m.

Union Gospel Mission

435 University Ave E, 55130

651-292-1721

Mon-Fri: 12-1 p.m.

Serves men

Loaves and Fishes

612-377-9810

St. Matthews Catholic Church

510 Hall Ave, 55107

Mon-Fri: 5-6 p.m.

Our Redeemer Lutheran Church

1390 Larpenteur Ave E, 55109

Weds: 5:30-6:30 p.m.

Beloved United Methodist Church

1965 Sherwood Ave, 55119

Mon & Tues 5:30-6:30 p.m.

Gethsemane Lutheran Church

2410 Stillwater Rd E, 55119

1st & 3rd Thurs: 5:30-6:30 p.m.

Dorothy Day Center

183 Old 6th St, 55102

612-204-8485

Sun-Fri: 4:30-5:30 p.m.

Fare For All

Discounted groceries, including fresh fruits, vegetables, and meat.

763-450-3880

www.fareforall.org

Accepts: credit, cash, debit, SNAP/EBT

MN Food HelpLine

Learn about food resources in your neighborhood including food shelves, Fare for All, Farmers' Markets, & free meals.

1-888-711-1151

www.hungersolutions.org/find-help/

Interpreters available

Nutrition Assistance Program for Seniors (NAPS)

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

651-484-8241

Summer Meal Programs

Free meals for all children 18 and under in summer when school is out.

1-866-348-6479, or Text "Food" to 877-877 for nearest meal site.

Meals on Wheels

Nutritious meal delivery for older and disabled adults who are homebound, on a short-term or long-term basis.

612-623-3363

www.meals-on-wheels.com/

Women, Infants & Children (WIC)

Healthy food, nutrition counseling, and breastfeeding support for pregnant, post-partum women, infants, and children 0-5 yrs.

651-266-1300

www.ramseycounty.us/wic

Interpreters available

Peer breastfeeding counselors

Twin Cities Mobile Market

A grocery store on a bus that has consistent stops throughout the metro.

651-621-2770

www.twincitiesmobilemarket.org

Accepts: credit, cash, SNAP/EBT, Market Bucks

Transit Assistant Program (TAP)

Sign up & get \$1 rides for a year on public transit. Check eligibility and register.

612-373-3333

www.metrotransit.org/tap-riders

United Way- First Call for Help

651-291-0211

Text your zip code to **898-211**

www.211unitedway.org

Find the most updated version: www.ramseycounty.com/ship

Times may change. Call or visit website for most up to date information. This handout is made possible by Saint Paul - Ramsey County Public Health Statewide Health Improvement Partnership (SHIP) through the Minnesota Department of Health. For more information: SHIP@co.ramsey.mn.us.

Farmers' Markets (FM)

fresh fruits and vegetables | open during growing season, unless noted*

Community Celebrations at Frogtown Farm

946 Minnehaha Ave W, 55104

651-600-3414

www.frogtownfarm.org/community-celebrations

EBT/SNAP | Market Bucks

WIC FMNP | POP Club

Keg and Case FM

928 7th Street West, 55102

www.kegandcase.com

Open Cities Clinic Pop Up FM

409 N Dunlap St, 55104

651-251-5993

EBT/SNAP | Market Bucks

WIC FMNP

Hmongtown Marketplace

217 Como Ave, 55103

651-487-3700

www.hmongtownmarketplace.com

EBT/SNAP | WIC FMNP

Seventh Place Mall FM

7th Place & Wabasha St, 55101

651-227-8101

WIC FMNP

EBT/SNAP: Accepts SNAP/EBT Cards

Market Bucks: Double SNAP/EBT \$ up to \$10 per market per day

WIC FMNP: Accepts WIC Farmers Market Nutrition Program coupons

POP Club: Power of Produce, kids receive token to purchase fruits or vegetables

Winter Market: Open during winter

Downtown Saint Paul FM

290 5th St East, 55101

651-227-8101

www.stpaulfarmersmarket.com

EBT/SNAP | Market Bucks

WIC FMNP | POP Club

*Winter Market

Saint Thomas More FM

1093 Summit Ave, 55105

651-227-8101

EBT/SNAP | Market Bucks

WIC FMNP | POP Club

Securian Building FM

400 N Robert St, 55101

651-227-8101

WIC FMNP

St. Luke's FM

1807 Field Ave, 55116

651-698-9443

EBT/SNAP | Market Bucks

West Side FM

63 George St W, 55107

www.westsidefarmersmarket.net

EBT/SNAP | Market Bucks | POP Club

OWC FM

235 Maryland Ave, 55117

WIC FMNP

OWC FM

425 Marion St, 55103

WIC FMNP

Food Shelves

bring photo ID for adults | ID for kids (medical card/school ID) | current mail some

food shelves prefer to have area service boundaries; call ahead if possible

Department of Indian Work

1671 Summit Ave, 55105

651-789-3856

First come, first serve

Serves Native American community

Franciscan Brothers of Peace

1289 Lafond Ave, 55104

651-646-8586

Call at 9 am day of visit for appt

Fruit of the Vine

First Covenant Church

1280 Arcade St, 55106

952-595-5980

First come, first serve

Hallie Q. Brown

270 N Kent St, 55102

612-224-4601

Make appointment in advance

iHelp MarketSquare

City of Reconciliation Church

900 Dale St N, 55103

651-488-4463

Weekly visits welcome

Keystone Community Services

Midway

1916 University Ave W, 55104

651-917-3792

First come, first serve

Rice Street

1459 Rice St, 55117

651-487-2792

First come, first serve

Merrick Community Services

Gustavus Adolphus Lutheran Church

1669 Arcade St N, 55106 (Door 3)

651-287-2088

Make appointment in advance

Woodland Hills Church

1740 Van Dyke Street, 55109 (Door B)

651-287-2088

Make appointment in advance

Neighborhood House

Wellstone Center Food Market

179 E Robie St, 55107

651-789-3630

First come, first serve

Francis Basket Food Market

1293 Maynard Dr E, Apt 410, 55116

651-699-0986

First come, first serve

Salvation Army

West

401 W 7th St, 55102

651-224-4316

Make appointment in advance

East

1019 Payne Ave, 55130

651-776-8169

First come, first serve (1st 15 served)

Fishes and Loaves

Progressive Baptist Church

1505 Burns Ave, 55106

651-497-5562