

Area Food Resource Guide

Maplewood, MN | 2019

City Wide Resources

Fare For All

Discounted groceries, including fresh fruits, vegetables, and meat. Save up to 40% off grocery store prices. Call or see website for locations.

763-450-3880

www.fareforall.org

*Accepts: credit, cash, debit, SNAP/EBT

MN Food HelpLine

Information about where to get free or low-cost food in your neighborhood, including food shelves, Fare for All, Farmers' Markets, and free dining sites.

1-888-711-1151

www.hungersolutions.org/find-help/

Interpreters available

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

Minnesota Grown

Find a Farmer's Market, Community Supported Agriculture (CSA), Farm

www.minnesotagrown.com

Supplemental Nutrition Assistance Program (SNAP)

Formerly known as Food Stamps, provides support for the household food budget

651-266-4444

www.mn.gov/dhs/snap

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.health.state.mn.us/wic/

Interpreters available

Peer breastfeeding counselors

Nutrition Assistance Program for Seniors (NAPS)

Eligible seniors (60 years+) receive a box of shelf stable foods, which can include canned fruits, vegetables, meat, and grains. Call to see if you qualify and find the nearest drop off location.

651-484-8241

Farmers' Markets

Aldrich Arena Farmers' Market

1850 White bear Ave, Maplewood, 55109

651-227-8101

<https://www.stpaulfarmersmarket.com/>

*accepts EBT/SNAP, Market Bucks, WIC

City of Oakdale Farmers' Market

1584 Hadley Ave N, Oakdale, 55128

651-747-3872

<https://www.ci.oakdale.mn.us/283/Farmers-Market>

St Paul Farmers' Market

290 5th St E, St. Paul, 55101

651-227-8101

<https://www.stpaulfarmersmarket.com/>

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Last updated July 2019

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Food Shelves

Merrick Food Shelf at Woodland Hills (Door B)

1740 Van Dyke St, St. Paul, MN 55109

651-287-2088

By appointment

Christian Cupboard Emergency Food Shelf

8264 4th St N, Oakdale, MN 55128

651-233-1296

Salvation Army Lakewood

2090 Woodlyn Ave, Maplewood 55109

651-779-9177

Fruit of the Vine – St. Paul

1280 Arcade St, St. Paul, MN 55106

952-595-5980

Fishes and Loaves Food Shelf

1505 Burns Ave, Saint Paul, 55106

651-497-5562

Merrick Food Shelf at Arcade Street (Door 3)

1669 Arcade Street N, Suite 4, St. Paul, 55106

651-287-2088

CURE Ministries Food Shelf

1173 Payne Avenue, St. Paul 55130

651-646-1868

North St. Paul Area Food Shelf

2538 E Seppala Blvd, North St. Paul 55109

651-770-1309

Free Dining Sites

Loaves & Fishes at Gethsemane Lutheran Church

2410 Stillwater Rd E, St. Paul, MN 55119

1st and 3rd Thursday of the month 5:30-6:30pm

612-377-9810

Loaves & Fishes at Beloved United Methodist Church

1965 Sherwood Ave, St. Paul, MN 55119

Monday and Tuesday 5:30-6:30pm

612-377-9810

Loaves & Fishes at Our Redeemer Lutheran Church

1390 Larpenteur Ave E, St. Paul, MN 55109

Wednesdays 5:30-6:30pm

612-377-9810

Union Gospel Mission

435 University Ave E, St. Paul, 55130

Monday-Friday 12-1pm

Payne Avenue Salvation Army

1019 Payne Ave, St. Paul, 55130

Monday-Friday 11:45am-12:45pm

Maplewood 

 **RAMSEY COUNTY**
Saint Paul – Ramsey County Public Health


statewide health
improvement partnership