

# Iron Range 2023 Food and Nutrition Resource Guide

## Food Shelves

### Aurora Food Shelf

203 S. 2nd St. E.  
Aurora, MN 55705  
218-780-4114 or  
218-248 0216  
Tuesdays 10 am-1 pm

### Babbitt Food Shelf

Call if you need assistance  
218-827-2166

### Chisholm Food Shelf

208 W. Lake St.  
Chisholm, MN 55719  
218-245-0045  
Thursdays, 11 am-3 pm  
Call for Mobile Food Shelf  
information

### Ely Area Food Shelf

15 W. Conan St.  
Ely, MN 55731  
218-235-8527  
3rd Weds. 11 am-5 pm and  
Saturday following 3rd Weds.  
from 8 am-11 am

### Grand Marais Food Shelf

Congressional Church  
Grand Marais, MN 55604  
218-387-2113 or  
218-387-9860  
Mondays 3 pm-5 pm  
1st Weds. 4:30 pm-6:30 pm

### Proctor Food Shelf

Community Center (north door)  
100 S. Poink Dr.  
Proctor, MN 55810  
218-628-6288 or 218-624-7558  
Wednesdays 10 am-1 pm

### Quad City Food Shelf

8367 Enterprise Dr. N.  
Mountain Iron, MN 55768  
218-749-1371  
Weds. & Thurs. 10 am-4 pm  
Thrift Store: Tues. 10am-3pm

### Silver Bay Food Shelf

County Service Center  
99 Edison Blvd.  
Silver Bay, MN 55614  
218-226-4443  
Mon.- Thurs. 9 am-3 pm

### Tower Area Food Shelf

The Timberjay (basement)  
414 Main St.  
Tower, MN 55790  
218-753-3503  
3rd Tues. monthly  
2:30 pm-5:00 pm

### Two Harbors Area Food Shelf

2124 10th St.  
Two Harbors, MN 55616  
218-391-8191  
Tuesdays 10 am-3:45 pm

## SNAP - Supplemental Nutrition Assistance Program

SNAP helps income eligible individuals and families purchase food. Call (888)-711-1151 to see if you qualify or visit [www.mnbenefits.mn.gov](http://www.mnbenefits.mn.gov) to apply. For additional questions contact one of the following agencies:

### St. Louis County Public Health & Human Services

Northland Office Center, 307 1st St S., Virginia, MN 55792,  
(218)749-7137 or 800-627-3529 (to find the office nearest you).

### AEOA

702 3rd Ave S., Virginia, MN 55792  
[www.aeo.org/snap-enrollment](http://www.aeo.org/snap-enrollment)  
email: [snap@aeoa.org](mailto:snap@aeoa.org)  
phone: 218-259-4524 or 218-404-6050

### WIC - Women, Infants & Children

Supplemental food plus nutrition assistance for pregnant, postpartum, and breastfeeding women and children under 5  
[www.health.state.mn.us/people/wic](http://www.health.state.mn.us/people/wic)

### St. Louis County Public Health & Human Services

201 South 3rd Ave. W, Virginia, MN 55792  
(218)471-7600 or 800-450-9777

### NAPS - Nutrition Assistance Program for Seniors

Supplemental food for seniors age 60 and over. Monthly distribution from several sites. Call for income guidelines and registration information.  
Contact: Northern Lakes Food Bank at 218-727-5653 ext.112.

### Arrowhead Economic Opportunity Agency

<https://www.aeo.org/food-access-overview>

To suggest changes to this guide, email [foodaccess@aeoa.org](mailto:foodaccess@aeoa.org)

## Prepared Meals

**Salvation Army - Virginia**  
507 12th Ave. W.  
Virginia, MN 55792  
218-741-1889  
Free dinner program  
Mon.-Fri.  
To-Go Meals 1:00 pm-3 pm  
Dine In 3:00 pm-4:30 pm

**Salvation Army - Hibbing**  
107 W. Howard St.  
Hibbing, MN 55746  
218-263-5096  
Free dinner program  
Mon.-Fri. 4 pm-4:45 pm  
Food shelf  
M,W,Th 9 am-11:50 am, Tues.  
1 pm-3pm (closed 4th Tues.)

**Buddy Backpacks**  
United Way of NE MN  
608 East Dr.  
Chisholm, MN 55719  
218-254-3329  
Contact your school for more  
information.

**Peace United Methodist  
Church (PORCH)**  
305 S. 9th Ave.  
Virginia, MN 55792  
218-741-7738  
1st Weds of month at 5 pm  
Sept-May  
Free community meal.  
[www.peaceumc.us/menus](http://www.peaceumc.us/menus)

**Old School Lives Free  
Community Meal**  
9165 Hwy 53  
Cotton, MN 55723  
218-482-3005  
March 18, Oct 21  
[oldschoollives@gmail.com](mailto:oldschoollives@gmail.com)  
[www.oldschoollives.com](http://www.oldschoollives.com)

**Senior Dining, AEOA**  
702 3rd Ave. S.  
Virginia, MN 55792  
218-735-6899  
Lunches, Mon.- Fri., at several  
locations to seniors 60+ and  
spouses or caregivers.  
Suggested donation \$4.50 per  
meal. No income requirement.

**Meals on Wheels, AEOA**  
702 3rd Ave. S.  
Virginia, MN 55792  
218-735-6899  
Lunches delivered Mon.- Fri. to  
homebound seniors 60+ who are  
unable to purchase/prepare  
healthy meals. Suggested donation  
\$4.50. No income requirement.

**Meet Up and Chow Down**  
United Way of NE MN  
Free summer lunch program for  
children. Lunch served Mon-Thurs,  
June - August to children ages 1-18.  
Call 218-254-3329 for nearest  
location.

## Low-Cost Groceries

**Ruby's Pantry Eveleth**  
Clinton Community Center  
8907 Hwy 37  
Iron Junction, MN 55751  
4th Weds. 3:15-5:30 pm

**Ruby's Pantry Grand Marais**  
Cook Co. High School  
101 W 5th Street  
Grand Marais, MN 55604  
2nd Tuesday of the month  
5:00 pm-6:30 pm

**Ruby's Pantry Cook**  
Old Cook School  
East Vermilion Blvd  
Cook, MN 55723  
2nd Thurs. monthly, 4:30 pm-6pm  
(doors open at 3:30 pm)

**Ruby's Pantry Silver Bay**  
Bay Area Vineyard Church  
99 Edison Blvd.  
Silver Bay, MN 55614  
3rd Saturday, 10:30 am-12:00pm

## Farmers Markets that accept EBT/SNAP

*Open seasonally (typically mid-June to October)*

**Virginia Market Square**  
Silver Lake, Kline-Cuppoletti  
Building  
111 S. 9th Ave W, Virginia, MN  
Thursdays 2:30 pm-6 pm

**Hibbing Farmers Market**  
1309 E. 40th Street,  
Hibbing, MN  
Tuesdays 2 pm-6 pm,  
Saturdays 9 am-1 pm

**Cook Area Farmers' Market**  
City Park, River Street  
Cook, MN 55723  
Saturdays, 8 am-12 pm

**Tower Farmers Market**  
Tower Train Depot Parking Lot  
Tower, MN 55790  
Fridays, 4 pm-6 pm

For more information on all  
markets in NE MN, visit  
[www.arrowheadgrown.org](http://www.arrowheadgrown.org)