

Iron Range Food and Nutrition Resource Guide

Food Shelves

Aurora Food Shelf

203 S. 2nd St. E.
Aurora, MN 55705
218-780-4114
Tuesdays 10 am-1 pm
3rd Thursdays 3 pm-6pm

Babbitt Food Shelf

Call if you need assistance
218-827-2166

Chisholm Food Shelf

208 W. Lake St.
Chisholm, MN 55719
218-966-3862
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
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. 10 am-2 pm

Silver Bay Food Shelf

County Service Center
99 Edison Blvd.
Silver Bay, MN 55614
218-220-0467
Mon.- Thurs. 9 am-3 pm

Tower Area Food Shelf

The Timberjay (basement)
414 Main St.
Tower, MN 55790
218-721-2368
3rd Tues. monthly
2:00 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
2nd Thursday of month 3-6:00

Government Food Programs

SNAP / EBT (Supplemental Nutrition Assistance Program)

helps income eligible individuals and families purchase food. Call (888) 711-1151 to see if you qualify or visit www.mnbenefits.mn.gov to apply online.

St. Louis County Public Health & Human Services

Northland Office Center, 307 1st St S., Virginia, MN 55792
(218)471-7115
Hibbing Office, 1814 14th Ave E, Hibbing, MN 55746
218-262-6000

AEOA

702 3rd Ave S., Virginia, MN 55792
www.aeo.org/snap-enrollment
email: snap@aeoa.org

For assistance with SNAP applications call: 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
North St. Louis County call: (218) 471-7604

CSFP (NAPS)- Commodity Supplemental Food Program

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

Prepared Meals

Salvation Army - Virginia

507 12th Ave. W.
Virginia, MN 55792
218-741-1889
Free dinner program
Mon.-Fri.
Dine In 3:50 pm-4:50 pm

Salvation Army - Hibbing

107 W. Howard St.
Hibbing, MN 55746
218-263-5096
Free dinner program
Mon.-Fri. 4 pm-5 pm
Food shelf - By appointment
Mon, Wed, Thurs, 9 am-11 pm
& Tuesdays 1 pm-3 pm

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/menu

Old School Lives Free Community Meal

9165 Hwy 53
Cotton, MN 55723
218-482-3005
3rd Saturday of the month
oldschoollives@gmail.com
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 2pm-5 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