

Iron Range Food and Nutrition Resource Guide

Food Shelves

Aurora Food Shelf

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

Babbitt Food Shelf

Call if you need assistance
218-827-2166

Chisholm Food Shelf

208 W. Lake St.
Chisholm, MN 55719
218-254-0045
Thursdays 11am-3pm
(appts. available on request)
Call for Mobile Food Shelf
information

Ely Area Food Shelf

15 W. Conan St.
Ely, MN 55731
218-235-8527
3rd Wed 11am-5pm &
following Sat 8-11am

Grand Marais Food Shelf

300 W 2nd St.
Grand Marais, MN 55604
218-387-2113
Mondays 3-5pm &
1st Wed 4:30-6:30pm

Proctor Food Shelf

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

Quad City Food Shelf

8367 Enterprise Dr N
Mountain Iron, MN 55768
218-749-1371
Drive up: Wed & Thur 10am-4pm
Shop Inside: Tue 2:30-4:30 pm
(appts. available on request)
Thrift store Tue 10-2

Silver Bay Food Shelf

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

Tower Area Food Shelf

302 Spruce St.
Tower, MN 55790
763-528-5396
3rd Tue 2-5pm

Two Harbors Area Food Shelf

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

Government Food Programs

AEOA

702 3rd Ave S., Virginia, MN 55792
SNAP application assistance:
218-404-6050 or snap@aeoa.org
www.aeoa.org/snap-enrollment

Commodity Supplemental Food Program (CSFP)/NAPS

Supplemental food for seniors aged 60 and older.
Monthly distribution from several sites.
For income guidelines and registration information,
call Second Harvest Northland at 218-336-2307

Supplemental Nutrition Assistance Program (SNAP)/EBT

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

St. Louis County Public Health & Human Services

201 S. 3rd Ave., Virginia, MN 55792 218-471-7115
1814 14th Ave E, Hibbing, MN 55746 218-262-6000

Women, Infants & Children (WIC)

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: 218-471-7604

Arrowhead Economic Opportunity Agency

Download this guide at www.aeoa.org/food-access-overview

For more information on local food resources or to make
suggestions to this guide, please contact call 218-404-6050 or
email foodaccess@aeoa.org

Prepared Meals

AEOA Senior Dining & Meals on Wheels

702 3rd Ave S.
Virginia, MN 55792
218-735-6899
Lunches provided to seniors 60+ and spouses or caregivers through the Senior Dining and/or Meals on Wheels programs. There is a suggested donation of \$4.50 per meal. No income requirement.

Meet Up and Chow Down

United Way of NE MN
Free summer lunch program for children ages 1-18.
Mon-Thurs, June - August
Call 218-254-3329 for the nearest location.

Old School Lives Free Healthy Lunch

9165 Hwy 53
Cotton, MN 55723
218-482-3005
Wed. & Thurs. 11 am- 1 pm
oldschoollives@gmail.com
www.oldschoollives.com

Peace United Methodist Church (PORCH)

305 S. 9th Ave.
Virginia, MN 55792
218-741-7738
1st Wed at 5pm Sept-May

Salvation Army - Virginia

507 12th Ave. W.
Virginia, MN 55792
218-741-1889
Free dinner program
Monday - Friday
Dine In 1pm-4pm

Salvation Army - Hibbing

107 W. Howard St.
Hibbing, MN 55746
218-263-5096
Free hot meal program
Monday - Friday 4-4:49pm
Sunday at 12 pm
Food Shelf by appointment
Mon, Wed, & Fri 9-am - 11:30 am
Mon & Wed 1 pm - 2:30 pm
Fresh fruit & Vegetable distribution
1st Wed & 3rd Thurs of every month starting at 1 pm

Low-Cost Groceries

Ruby's Pantry - Eveleth

Clinton Community Center
8907 Hwy 37
Iron Junction, MN 55751
4th Wednesday
Registration starts at 3 pm
Distribution 3 pm- 5:30 pm

Ruby's Pantry - Grand Marais

Great Expectations School
550 E 5th St
Grand Marais, MN 55604
2nd Tuesday
Registration begins at 5 pm
Distribution 5-6:30pm

Ruby's Pantry - Cook

303 Vermilion Drive West
Cook, MN 55723
2nd Thursday
Registration begins at 3:30 pm
Distribution 4:30-6pm

Ruby's Pantry - Silver Bay

Bay Area Vineyard Church
99 Edison Blvd.
Silver Bay, MN 55614
3rd Saturday
Registration begins at 10am
Distribution 10 -11 am

Farmers Markets accepting EBT/SNAP

Markets open seasonally (typically mid-June to October)

Virginia Market Square

Silver Lake at the
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, 8am-12pm

Tower Farmers Market

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



For more information on all markets in NE MN,
scan the code or visit www.arrowheadgrown.org

Supplemental Nutrition Assistance Program (SNAP)



What is SNAP?

SNAP provides food benefits to supplement your grocery budget so you can afford the nutritious food essential to health and well-being

Am I eligible for SNAP?

Contact AEOA's Food Access Coordinator at snap@aeoa.org or 218-404-6050 to learn more or visit AEOA's website at www.aeoa.org/snap-enrollment.

How does SNAP work?

If approved, you will receive benefits on an Electronic Benefit Transfer (EBT) card each month.

You can use your EBT card to buy:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat

*Funded in part by the Minnesota Department of Human Services.
This project was funded at least in part with Federal funds from USDA.
This institution is an equal opportunity provider.*



Groceries To Go



A weekly grocery delivery service.

Interested for yourself or someone you know?
Reach out to your nearest program location:

Arrowhead Economic Opportunity Agency (AEOA)

702 3rd St S, Virginia, MN 55792

218-735-6832

Shopping and delivery service for adults 60+ in northern St. Louis County.

Age Well Arrowhead

Alworth Building

306 W Superior St, Ste 10, Duluth, MN 55802

218-623-7800

Delivery service for older adults.

ElderCircle

400 River Rd #1, Grand Rapids, MN 44744

218-999-9233

Delivery service for anyone (no age or income guidelines) offered in Grand Rapids and Deer River areas.

Northwoods Partners

760 E Miners Dr, Ely, MN 55731

218-365-8019

Delivery is available.