FOOD SHELVES

Aurora Food Shelf
315 N. Main St.
Aurora, MN 55705
218-750-7020
*Tuesdays 10am-1pm

Babbitt Food Shelf
Please call if you need assistance
218-827-2166

Chisholm Food Shelf
208 W. Lake St.
Chisholm, MN 55719
Mobile Food Shelf 1x/month
Call for assistance.
218-245-0045
*Thursdays, 11am-3pm

Ely Area Food Shelf
15 W. Conan St.
Ely, MN 55731
218-235-8527
*3rd Weds 11am-6pm
Drive up distribution or call to make an appointment.

Grand Marais
Congressional Church
Grand Marais, MN 55604
218-387-2113 or 218-387-9860
*Mondays 3pm-5pm
*1st Weds. monthly 5pm-7pm

*Pre-boxed/Curbside

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.
Virginia, MN 5579
218-749-1371
*Weds. & Thurs. 10am-4pm
*Thrift Store closed due to covid19.

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

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

GROCERY ASSISTANCE PROGRAMS

SNAP - Supplemental Nutrition Assistance Program
SNAP can purchase food and plants and seeds to grow food. Applications are available at the second-floor desk Mon-Fri 8:00AM-4:30PM. Phone interviews available with an application mailed or completed online. Assistance with the application is often available in the mornings. Emergency SNAP may be issued more quickly in critical situations. AEOA’s Senior Services and Adult Basic Education (ABE) at AEOA offer additional assistance with SNAP applications. You can call the MN Food HelpLine at 888-711-1151 to see if you qualify for SNAP. Or contact 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, (218)748-7337 or 800-662-5711 ext. 7337.

*Online EBT/SNAP home delivery for groceries available through Amazon and Walmart.
Amazon website: amazon.com/qualify
Walmart website: grocery.walmart.com

WIC - Women, Infants & Children
Supplemental food plus nutrition information for pregnant, postpartum, and breastfeeding women and children under age 5. More information, including income guidelines, on website. Contact:

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).

NAPS - Nutrition Assistance Program for Seniors
Supplemental commodity food for men and women age 60 and over. Monthly distribution from several sites. Call for income guidelines and to register. Contact: Northern Lakes Food Bank. 218-727-5653 ext.112.
**PREPARED MEALS**

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

**Salvation Army - Hibbing**
107 W. Howard St.
Hibbing, MN 55746
218-263-5096
Free dinner program
Mon.-Fri. 4pm-5pm

**Buddy Backpacks**
United Way of NE MN
608 East Dr.
Chisholm, MN 55719
218-254-3329
Non-perishable food items as weekend meals for children sent home Fridays. Contact your school for more information.

**Peace United Methodist Church (PORCH)**
305 S. 9th Ave.
Virginia, MN 55792
218-741-7738
Wednesdays at 5pm
Free community meal. All ages welcome. View website at https://peaceunited.us/the-porch for dinner menu.

**Old School Lives Free Community Meal**
9165 Hwy 53
Cotton, MN 55723
218-482-3005
oldschoollives@gmail.com
www.oldschoollives.org

**Senior Dining**
AEOA (Arrowhead Economic Opportunity Agency)
702 3rd Ave. S.
Virginia, MN 55792
218-735-6899 or 1-800-662-5711 ext. 6899
Lunches served Mon.-Fri. from several locations to anyone age 60+ and their spouses or caregivers. Suggested donation is $4 per meal. No income requirement. Reservations required one day in advance at select locations. Call AEOA to register and for more information.

**Meals on Wheels (home-delivered meals)**
AEOA (Arrowhead Economic Opportunity Agency)
702 3rd Ave. S.
Virginia, MN 55792
218-735-6899 or 1-800-662-5711 ext. 6899
Lunches delivered Mon.-Fri. to homebound seniors 60+ who are unable to purchase/prepare healthy meals. Suggested donation $4. No income requirement.

**Ruby’s Pantry Babbitt**
Municipal Center Gym
71 South Dr.
Babbitt, MN 55706
4th Sat. monthly, 10am-11:30am, (drive thru opens at 9:30am)

**Ruby’s Pantry Eveleth**
Clinton Community Center
8907 Hwy 37
Iron Junction, MN 55751
4th Weds. monthly, 4:30pm-6pm, (drive thru opens 4pm)

**Ruby’s Pantry Services**
Drive-Thru/Curbside.

**Ruby’s Pantry Silver Bay**
Bay Area Vineyard Church
99 Edison Blvd, Silver Bay, MN 55614
3rd Sat. monthly, 11am-12:30pm
(drive thru opens 10:30am)

**Ruby’s Pantry Grand Marais**
Cook County Community Center
317 West 5th Street
Grand Marais, MN 55604
2nd Tues. monthly, 4:30pm-6:30pm, (drive thru opens 4pm)
218-391-8191

**Food Prep & Classes**

**Cooking Classes - UMN Extension - SNAP Education For Individuals and Families**
Virtual instruction for at home/hands-on sessions for meal planning, nutrition, food budgeting & grocery shopping and cooking. Call for more information about current classes: 218-471-7234. [https://extension.umn.edu/teaching-nutrition-education/supplemental-nutrition-assistance-program-education-snap-ed](https://extension.umn.edu/teaching-nutrition-education/supplemental-nutrition-assistance-program-education-snap-ed)

Facebook: “Live Healthy, Live Well”

**Food Preservation**
Information on canning, freezing, drying and safe storage of food. [https://www.extension.umn.edu/food/food-safety/preserving](https://www.extension.umn.edu/food/food-safety/preserving)

**Farmers Markets** *(EBT/SNAP, MARKET BUCKS, PoP)*

**Area Farmers Markets are nearing the end of their season for 2020.** Updates will come out in the 2021 Spring & Summer Guide. Please visit the Arrowhead Grown website at www.arrowheadgrown.org for more information.

**LOW-COST GROCERIES - RUBY’S PANTRY**