

Iron Range 2022-2023 Food and Nutrition Resource Guide

Food Shelves

Aurora Food Shelf

203 S. 2nd St. E.
Aurora, MN 55705
218-750-7020 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. (hours may
vary - currently 1 pm to 5 pm)

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 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
email: snap@aeoa.org or by phone: 218-259-4524

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

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

website: www.aeo.org

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.
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 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
Wednesdays at 5 pm
Free community meal. All
ages welcome.
www.peaceumc.us/menus

**Old School Lives Free
Community Meal**
9165 Hwy 53
Cotton, MN 55723
218-482-3005
2nd 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. 4:30 pm-6 pm
(drive thru opens 4pm)

Ruby's Pantry Grand Marais
Cook Co. Community Center
317 West 5th Street
Grand Marais, MN 55604
2nd Tuesday
4:30 pm-6:00 pm

Ruby's Pantry Cook
302 W Vermilion Dr.
Cook, MN 55723
2nd Thurs. monthly, 4:30 pm-6pm
(drive thru opens 3:30 pm)

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

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