



## Food Resources

- NEW!** [Listening House Services – COVID update](#)

Listening House is serving guests by appointment and/or drop-in. Drop-in available if guests do not have access to phone or email. Safety procedures are as follows:

- Guests must wear a mask upon entering and keep their mask on until exiting. Masks will be provided to those who don't have one.
- Guests must sanitize their hands upon entering.
- Guests will be screened for symptoms. If a guest presents with symptoms, we will not be able to serve them at this time.

### Appointments

- Guests, case managers, and outreach workers can call or email to make an appointment.
- Guests can pre schedule appointments up to two weeks in advance.

### Services Provided

- Clothing, hygiene kits, coffee, tea, snack packs (eat now or take with you), birdbaths, IDs & birth certificates, assistance with forms and on-line paperwork, document storage and other services on an as-needed basis.
- Let us know what you need when you set the appointment.

### Services NOT offered at this time

- Laundry
- Hot meals
- Mail (exceptions: IDs and Birth Certificates)

Monday	Tuesday	Wednesday	Thursday	Friday
9am – 12pm Appointments	9am – 12pm Appointments	9am – 12pm Appointments	9am – 12pm Appointments	9am – 12pm Appointments
12:30–4pm Appointments	12:30–4pm Appointments	12:30pm-2pm <b>CLOSED at 2pm</b>	12:30–4pm Appointments	<b>CLOSED in AFTERNOON</b>

\*Closed from 12-12:30 for extensive midday cleaning

- [Ramsey County Food Resource Page](#) with interactive map in English, Spanish, Hmong, and Somali.
- [Hunger Solutions Find Help Map](#)
- [White Bear Area Emergency Food Shelf Free Farmers Market in a bag](#) July 23 - September 24
- [Minneapolis Food Shelf Information](#)
- [Minnesota Food HelpLine](#) assesses the caller's situation and provides solutions to their food needs. 1-888-711-1151
- [Northpoint Health and Wellness Community Food Shelf](#) 1835 Penn Ave N. New intakes are taken over the phone 612-767-9500. Hours: Monday-Thursday 10am-4pm.

- [Pillsbury United Communities](#) : Individuals and families needing assistance can pick up a pantry bag at our [food shelves](#), and take-out meals can be picked up at our [community cafes](#).
- [Neighbors, Inc. Food Shelf](#) : South Saint Paul - 651-455-5000
- [North St. Paul Area Food Shelf](#) 651-770-1309
- [Ralph Reeder Food Shelf](#) 651-621-6280
- [Union Gospel Mission Twin Cities](#) 651-292-1721
- [White Bear Area Emergency Food Shelf](#) 651-407-5310
- [Ramsey County WIC program](#): 651-266-1300 - Appointments are available in English, Hmong, Karen, Somali and Spanish.
- [Second Harvest Heartland](#) provides a box of nutritious food each month to low-income seniors 60 years old and over through the program. Program participants are given a box of highly nutritious food that may include canned fruits, vegetables and juices, milk, cheese, canned meat, peanut butter or dried beans, cereal, rice or pasta. Qualifying participants must be low-income Minnesota residents (seniors at 130% poverty level). Participants are required to provide recently postmarked mail with name and address, knowledge of current gross monthly household income, and picture ID. Call 651-484-8241 for eligibility to find a location. Interpreter services are available by calling 800-365-0270. Delivery is offered to home-bound seniors.
- [Salvation Army](#), 1019 Payne Ave., St. Paul, MN 55130 | The Salvation Army is running a food shelf Monday-Thursday from 9 a.m. to 2 p.m. Guests are asked to call (651) 776-2653 to place an order. Staff will call guests by phone when the order is ready to be picked up (usually within 15-45 minutes of the order). On Fridays, the Salvation Army will run a food distribution out of the WEST door on Lawson street. Guests are asked to wait 6 feet apart, lined up along the sidewalk. At 1:30 p.m., each guest will be given a box and bag of food rescue items. Hot lunches are served daily Monday through Friday from 11:45 to 12:45 p.m. out of a food truck in the parking lot.
- **The Free Meals for Kids APP** is a great way to help families and kids locate free healthy meals during the pandemic. Click on the application below to download the free app.
  - [Apple](#)
  - [Android](#)
- **Merrick Family Services**, 1669 Arcade St. N., Suite 4, St. Paul, MN 55106  
Families can receive an emergency box of food on Monday's from 3 to 5 p.m. or on Tuesday, Wednesday, or Thursday from 10 to 11:30 a.m. Families do not have to complete an intake prior to getting food. Anyone seeking food support will not be turned away and will be asked to leave their first and last name as well a phone number. A Merrick representative will call families at another time to complete the intake process over the phone.
- **Department of India Work St. Paul**, Our Emergency Services program is a culturally specific food shelf that serves the American Indian community in the East Metro. DIW St. Paul food shelf is open and partnering with Metro Mobility to deliver food to families. Please call 651-789-3856 24hours in advance for an appointment. Our focus is the American Indian community but we will NOT turn anyone away.
- **Sanneh Foundation at Conway Recreation Center**, 2090 Conway Street St. Paul, MN 55119, Make at Home Meal Kits will be distributed every Monday at 1pm.