

Food Shelves

If, after getting food from your area food shelf, you need additional food, call United Way 2-1-1, 211 or 651-291-0211 from cell phones.

Calvary Food Shelf

3901 Chicago Ave, Minneapolis, MN 55407

Phone: 612-827-2504 Email:

FoodShelf@CLChurch.org

Website: CalvaryFoodShelf.org

Hours: Wednesday 11 am–3 pm and Saturday 9 am–1 pm.

Provides: Customer choice shopping BY APPOINTMENT one time per calendar month per household.

Remarks: Serves mostly south Minneapolis. Enter door on 39th St. near alley. Appointments are required in order to give everyone time and attention to shop without waiting in long lines. Call, text or email to register. Hablamos español

The Camden Collective

4150 Dupont Avenue North, Minneapolis MN 55412

Phone: 612-521-3644

Hours: Saturday 1–3 pm; registration begins at 11:30 am.

Remarks: All are welcome, but you will be asked to fill out a TEFAP form and provide name/address. Spanish language support available.

The Camden Promise

4656 Colfax Avenue North, Minneapolis MN 55412

Phone: 612-521-3644

Hours: Monday–Saturday 11:30 am–2:30 pm.

Remarks: Pantry and lunch. No requirements.

CAPI Culturally Specific Food Shelf

5930 Brooklyn Blvd., Brooklyn Center MN 55429

Phone: 612-721-0122

Hours: Tuesday 1–4 pm; Wednesday and Thursday 9 am–12 pm and 1–4 pm. Food shelf is closed 12–1 pm. Closed Mondays and Fridays.

Service Area: Primarily immigrants & refugees through Twin Cities.

Community Bridge Food Shelf

2400 Park Avenue South, Minneapolis MN 55404

Phone: 612-353-5211 or 612-746-4108

Hours: Second Friday and fourth Saturday 9–11 am.

Service Area: For those living in the Phillips neighborhood.

Community Emergency Service

1900 11th Avenue South, Minneapolis MN 55404

Phone: 612-870-1125

Hours: By appointment only.

Appointments can be made once a month online at

<https://foodshelfces.timetap.com/#/> or by calling us at 612-870-1125.

Appointments are Monday and Tuesday 1–4 pm and Wednesday 1–6 pm.

Appointments are open seven days in advance. We will also be open on Friday for Bonus Friday, in which we give out many “bonus” food items between 1–3

pm. We no longer do home delivery or curbside pick up.

Division of Indian Work

1001 East Lake Street, Minneapolis MN 55404

Phone: 612-279-6343

Hours: Monday, Tuesday, Wednesday, and Friday 12–3 pm.

Service Area: For American Indians.

Fare for All Program

Phone: 763-450-3860 Website:

www.fareforall.org

Remarks: The Fare for All program is not a food shelf. It is a monthly food purchase program that allows participants to receive a package of food including produce and/or meat, for \$10-\$25.

GMCC (Founded as Greater Minneapolis Council of Churches)

1100 East Lake Street, Minneapolis MN 55407

Website: www.gmcc.org

Drop-in service hours: Friday 11 am–2pm

Provides: Seasonal Food Shelf, Friday 11 am–2 pm, May through November.

Groveland Emergency Food Shelf

1900 Nicollet Ave., Minneapolis MN 55403

Phone: 612-871-0277

Hours: Monday–Friday 9:30 am–12 pm.

Harvest of the Heart Food Center (Cosecha del Corazon)

3817 Pleasant Avenue South, Minneapolis MN 55408

Phone: 612-822-2101

Hours: Tuesday–Friday 11 am–4 pm;

Saturday 10 am–1 pm. Closed Sundays, Mondays and national holidays.

Provides: Access to healthy foods (groceries, produce, milk, frozen meats, and pantry items) while promoting individual choice. Shoppers may come as often as needed. Free of charge.

Remarks: Follow signs through carriage-way to access food center.

Joyce Uptown Food Shelf, Inc.

3041 Fremont Avenue South, Minneapolis MN 55408

Phone: 612-825-4431

Hours: Monday and Tuesday 10 am–5 pm; Wednesday 12–5 pm; Thursday 11 am–7 pm; Saturday 9 am–2 pm.

Remarks: Visitors can receive groceries twice a month, no appointment necessary.

Little Kitchen Food Shelf (Grace Lutheran Church)

1500 6th St NE, Minneapolis MN 55413 (Enter door #3 on 5th St. side)

Phone: 612-788-2444

Hours: Tuesday and Thursday 6–7:30 pm; Saturday 10 am–12 pm.

Remarks: No ID required and no geographic restrictions. Can use the food shelf once every four weeks. Pet food as available.

Serves 20-25 households per session.

Living Hope Ministries

1737 Adams Street NE, Minneapolis MN 55413

Hours: Second and fourth Wednesday of the month 5:30-6:45 pm.

Website: www.loavesandfishesmn.org for other sites and info.

Minneapolis First Seventh Day Adventist Church

2315 Nicollet Avenue South, Minneapolis MN 55404

Hours: Thursdays 5–6:30 pm.
Provides: Free groceries and household supplies. All are welcome, no intake needed.

Minnesota Food Helpline

Text/call: 1-888-711-1151 (Multilingual assistance is also available)
Hours: Monday–Friday 10 am–5 pm.
Provides: Statewide food resource information helpline. Screens for SNAP eligibility and can answer questions regarding the application. Also provides assistance in locating other food resources in your area, such as public food programs like WIC (Women, Infants and Children) and SNAPS (Nutrition Assistance Program for Seniors), free meal locations, food shelves and farmer markets.

New Creation Baptist Church

1414 East 48th Street, Minneapolis MN 55417
Phone: 612-825-6933 Website: newcreationbaptistchurchmn.org
Hours: Food shelf is open Saturdays: 10 am–2 pm. In the months that have a fifth Saturday, the food shelf is closed that Saturday

NorthPoint Health & Wellness Center

2220 Plymouth Avenue North,
Minneapolis MN 55411
(entrance on north side of building)
Phone: 612-767-9175 (Food Shelf)
Hours: Daily express mart: Monday–Thursday 9–11 am; Food Shelf Monday–Thursday 11 am–4 pm.
Remarks: Persons need to bring some form of identification like Minnesota ID and mail with current address on it.

Nutrition Assistance Program for Seniors

Phone: 651-484-8241 or 1-800-365-0270
Remarks: Serves Minnesota residents who are 60 years and older, at or below 130% of the poverty level. Provides one box of food monthly (approximately 35 lbs. of stable supplemental food) to each senior. Call for information.

Pillsbury United Communities - Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454
Phone: 612-338-5282
Hours: Monday 12–6 pm; Wednesday and Friday 12–4 pm. Fresh produce is also offered on the first and third Thursday of each month 12–2 pm. Sign up that morning for produce pickup.
Service Area: For those persons east of I-35W, south of Hennepin, west of the river and north of I-94 (ZIP 55454).
Remarks: No appointment needed; first-time visitors must bring ID for themselves and family members to register.

Pillsbury United Communities - Oak Park

1701 Oak Park Avenue North,
Minneapolis MN 55411
Phone 612-377-7000
Provides: Fresh produce provided 4–6 pm on the first and third Wednesday of each month from June through October.

Pillsbury United Communities - Waite House

2323 11th Avenue South, Minneapolis MN 55404
Phone: 612-721-1681
Hours: Monday 12–4 pm; Tuesday & Thursday 10 am–12 pm, 1–4 p.m.

Remarks: Also provides free produce on the second and fourth Wednesday of the month from 10–12 pm; Sign up that morning for produce pickup.

Sabathani Community Center

310 East 38th Street, Minneapolis MN 55409 (Southeast entrance)

Phone: 612-821-2396

Hours: Monday–Thursday 9:30–11:30 am and 12:30–2:30 pm; also on first and third Friday 10 am–12:30 pm.

Salvation Army Central

2727 Central Avenue NE, Minneapolis MN 55418

Phone: 612-789-1512

Hours: Monday, Wednesday, Thursday, and Friday 8–11:30 am and 1–3:30 pm; Tuesday 1–3:30 pm.

Service Area: For those living in ZIP codes 55418, 55413, 55414, and Hennepin Co. part of 55421 we are a walk-in food shelf, but you may also call for an appointment. It is helpful, especially if you are visiting for the first time, to bring your photo ID and a current piece of mail.

Salvation Army Noble

10011 Noble Parkway, Brooklyn Park MN 55432

Phone: 763-425-0517

Hours: Tuesday and Thursday 9 am–4 pm (by appointment only).

Contactless/curbside food distribution: Tuesday 11 am–12 pm (no appointment needed)

Service Area: Northern and northwestern Hennepin Co.

Remarks: Walk-ins welcome. It is helpful, especially if you are visiting for the first time, to bring your photo ID and a current piece of mail.

Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

Phone: 612-522-6581

Food Shelf Hours: Monday–Wednesday 9–11 am. Also open every other Wednesday afternoon for food shelf 1–2:30 pm.

Business Hours: Monday–Friday 8 am–noon and 1–4 pm.

Service Area: For persons who live in north Minneapolis. Visitors should call and schedule an appointment. Must provide photo ID and current piece of mail at time of appointment. Food shelf is available once per calendar month.

Salvation Army Temple

1604 East Lake Street, Minneapolis MN 55407

Phone: 612-767-2700

Hours: Monday–Thursday 9 am–12 pm.

Service Area: For persons who live in south Minneapolis or southern Hennepin County. Visitors should call and schedule an appointment. Must provide photo ID and current piece of mail at time of appointment. Food shelf is available once per calendar month and is a first-come first-serve basis. We reserve the right to limit the number of households served if volume of guests is too high.

Senior Food Shelf

1801 Central Avenue NE, Minneapolis MN 55413

Phone: 612-788-9521

Hours: Monday–Friday 9:30 am–12:30 pm, last call at 12:45.

Remarks: Open to all low-income seniors (age 55+) living in Hennepin County. No delivery on fourth Friday of month.

Sharing and Caring Hands

525 North 7th Street, Minneapolis MN
55405

Phone: 612-338-4640

Hours: Groceries given out Monday–
Thursday at 10 am and 12 pm.

SourceMN

2609 Stevens Avenue South, Minneapolis
MN 55408

Phone: 612-822-5200

Hours: Food distribution held Tuesday
9:30–12 pm (walk up only); Wednesday 3–
6:30 pm; fourth Saturday of each month
9:30–11 am. Other programs include
community meal/discussion Thursday
6:30–8 pm; English classes Thursday
2:30–3:30 pm; women's drop-in center
Wednesday and Friday 11 am–2 pm.

Twin Cities Mobile Market

Phone: 763-450-3860

Web:

thefoodgroupmn.org/groceries/twin-cities-mobile-market/

Provides: A grocery store on a bus
bringing affordable, healthy foods right to
your neighborhood. Anyone can shop for
a full selection of fresh fruits, vegetables,
meat, dairy, grains, and other high-quality
groceries. See website to find over 24
locations.

WIC Program (Women Infants Children)

Phone: 612-348-6100

Website:

www.health.state.mn.us/people/wic/index.html

Hours: Appointments Monday–Friday 8
am–4:30 pm.

Provides: Health and nutrition
assessment; benefits of quality food like
milk, cheese, iron-rich cereal, peanut
butter and dry beans;
information/referral, breastfeeding
support.

Qualifications: To be eligible, you must 1)
live in the metro area; 2) be a woman who
is pregnant, breastfeeding or have had a
baby in the last 6 months-year, be an
infant, or be a child less than 5 years old;
3) be income eligible or receiving
government assistance of any kind,
determined at the WIC intake
appointment or by phone.

Free Meals

Breakfast

Catholic Charities Mary F. Frey
Minneapolis Opportunity Center
740 East 17th Street, Minneapolis MN
55404
Phone: 612-204-8300
Serves breakfast 7–8 am Monday through
Saturday.

Sharing and Caring Hands
525 North 7th Street, Minneapolis MN
55405
Phone: 612-338-4640
Breakfast served at 10 am Monday–
Thursday; and 10 am Sat/Sun.

Drop-in Centers, Lunch and Snacks

Agate Housing and Services Food Centre
714 Park Avenue South , Minneapolis MN
55415
Lunch is served seven days a week 12–
12:45 pm.

All God’s Children Metropolitan
Community Church
3100 Park Avenue South, Minneapolis MN
55407
Phone: 612-824-2673
Thursday hot meal served 11 am–1 pm
with to-go options and
a food shelf.

Avivo
1825 Chicago Avenue South, Minneapolis
MN 55404

Hours: Free boxed meals are available
Monday–Friday 11:30
am–12:30 pm or until they have all been
distributed.

Catholic Charities Mary F. Frey
Minneapolis Opportunity Center
740 East 17th Street, Minneapolis MN
55404
Phone: 612-204-8300
Serves Lunch 11:20 am–12:30 pm.

Central Lutheran Church Restoration
Center
333 South 12th Street, Minneapolis MN
55404
Phone: 612-870-4416
Hours: Lunch is served on Mondays 11:30
am–12 pm. To-go bag lunches are also
available. During winter if Minneapolis
Public Schools are closed due to weather,
we will be closed, too.

Loaves & Fishes - ICCM Life Center
1812 Park Avenue, Minneapolis MN 55404
Hours: Lunch is served Tuesday through
Friday from 1–3 pm.
Website: www.loavesandfishesmn.org for
other sites and info.

Marie Sandvik Center
1112 East Franklin Avenue, Minneapolis
MN 55404
Phone: 612-870-9617
Hours: Services followed by meal and
clothing held Tuesday 6 pm, Thursday 1
pm, Friday 2 pm, and Sunday at 4 pm.

Peace House
1816 Portland Avenue South, Minneapolis
MN 55404

Phone: 612-870-7263 Website:
www.peacehousecommunity.org
Hours: Monday–Friday 9:30 am–2:30 pm.
Meditation/group discussion is held
10:30–11:30 am.

Provides: Peace House is a gathering
place where poor, homeless, and
economically comfortable people come
to form community, work for non-
violence, affirmation and responsibility.
Emphasis on spirituality through daily
reflection time together.

Salvation Army Temple
1604 East Lake Street, Minneapolis MN
55407

Phone: 612-767-2710
Provides: Lunch served Monday–
Wednesday from noon–1 pm.

Sharing and Caring Hands
525 North 7th Street, Minneapolis MN
55405
Phone: 612-338-4640
Hours: Serves lunch Monday–Thursday at
1 pm.

Soup for You Cafe
2730 E. 31st St, Minneapolis MN 55406
(Holy Trinity Lutheran Church)
Phone: 612-978-7974
Hours: Serves hot lunch Monday–Friday
12–1 pm. Groceries given
out on Wednesdays 12–1.

Tasks Unlimited – Northeast Outreach &
Opportunity Center
Mill City Church Commons, 3023
Randolph St NE, Mpls, MN 55418
Phone: 612-756-6606

Drop-in Hours: Tuesdays, Thursdays, and
Fridays 8 am–3 pm.

Snacks available as well as hygiene
supplies and other basic needs. Help
linking to mental health supports,
employment resources, healthcare, and
housing stabilization services.

Loaves & Fishes - True Vine New Bethel
2639 Thomas Avenue North, Minneapolis
MN 55412

Serves lunch Monday–Friday 12:30–1:30
pm.

Website: www.loavesandfishesmn.org for
other sites and info.

Pillsbury United Communities - Waite
House
2323 11th Avenue South, Minneapolis MN
55404

Phone: 612-721-1681
Hours: Serves to-go meals Monday–
Thursday 11 am–12:30 pm.

Dinner

Loaves and Fishes
Main office: 612-377-9810
Website: www.loavesandfishesmn.org for
other sites and info.

Great is Thy Faithfulness
1115 30th Avenue North, Minneapolis MN
55411
Serves 5:30–6:30 pm Monday–Friday

Loaves and Fishes, Holy Rosary Church
2424 18th Avenue South, Minneapolis MN
55404
Serves 5:15–6:15 pm Monday–Thursday

Peace House
1816 Portland Avenue South, Minneapolis
MN 55404
Serves 5–6 pm Monday–Friday

Hope Presbyterian Church
7132 Portland Avenue South, Richfield
MN 55423
Serves 5–6 pm Monday–Friday.

Mount Olivet Lutheran Church
5025 Knox Avenue South, Minneapolis
MN 55410
Serves Thursday 4:00–5:30 pm.

Nokomis Heights Lutheran Church
5300 10th Avenue South, Minneapolis MN
55417
Serves Wednesday 5–6 pm.

Pillsbury United Communities - Oak Park
1701 Oak Park Avenue North,
Minneapolis MN 55411
Phone 612-377-7000
Provides: Dinner served Tuesday,
Wednesday and Thursday 4–6 pm.

Salem Lutheran Church Community Meal
4150 Dupont Avenue North, Minneapolis
MN 55412
Phone: 612-521-3644
Hours: Take-out dinner served every
Tuesday at 6 pm.

hot, take-out dinner on Sundays from 4–5
pm.

The following Sunday meals are served
from 5–6 pm unless otherwise noted:

First and Fifth Sundays of the Month,
4:30–6 pm:

Hennepin Avenue Methodist Church
511 Groveland Avenue, Minneapolis MN
55403

Second and Third Sunday of the Month:
Plymouth Congregational Church
1900 Nicollet Avenue South, Minneapolis
MN 55403

Fourth Sunday of the Month:
Westminster Presbyterian Church
1200 Marquette Avenue, Minneapolis MN
55403

Other Weekend Meals

First Nations Kitchen (All Saints Episcopal
Indian Mission)
3044 Longfellow Avenue South ,
Minneapolis MN 55407
Website: www.firstnationskitchen.org
Remarks: In addition to giving out bags of
organic produce, the kitchen provides a