

Iron Range 2021 Spring & Summer Food and Nutrition Resource Guide

Food Shelves

Aurora Food Shelf

203 S. 2nd St. E.
Aurora, MN 55705
218-750-7020
*Tuesdays 10am-1pm

Babbitt Food Shelf

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 Food Shelf

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

SNAP - Supplemental Nutrition Assistance Program

SNAP can help income eligible individuals and families purchase food. AEOA's Senior Services and Adult Basic Education (ABE) at offer 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,

www.aeo.org/snap-enrollment
snap@aeoa.org or by phone 218-410-0005.

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.

Arrowhead Economic Opportunity Agency

www.aeo.org
facebook.com/aeoaofficial

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
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 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. No income
requirement.

Meet Up and Chow Down
United Way of NE MN
Free summer lunch program for
children. Lunch served Mon-Thurs,
June 4th-Aug. 30th to children ages
1-18. Call 218-254-3329 for nearest
location.

Low-Cost Groceries

Ruby's Pantry Babbitt
Municipal Center Gym
71 South Dr.
Babbitt, MN 55706
4th Sat. monthly, 10am-
11:30am, (drive thru opens
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 Grand Marais
Cook Cty. Community Center
317 West 5th Street
Grand Marais, MN 55604
2nd Tues. monthly, 4:30pm-
6:30pm, (drive thru opens
4pm), 218-391-8191

Ruby's Pantry Cook
303 Vermilion Dr.
Cook, MN 55723
2nd Thurs. monthly, 4:30pm-
6pm, (drive thru opens 10:30
am)

Ruby's Pantry Grand Rapids
Redeemer Lutheran Church
35568 Foxtail Lane
Cohasset, MN 55721
3rd Tues. monthly, 2:30pm-
4:30pm, (drive thru opens 2pm)

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)

Farmers Markets that accept EBT/SNAP

Open seasonally mid-June thru October 2021

Virginia Market Square
Silver Lake, near the Kline-
Cuppoletti Building
111 S. 9th Ave W, Virginia, MN
Thursdays 230pm-6pm

Hibbing Farmers Market
1309 E. 40th Street, Hibbing, MN,
Across from McDonalds
Tuesdays 2pm-5pm,
Saturdays 9am-1pm

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, 4pm-6pm