

Iron Range Food and Nutrition Resource Guide

Food Shelves

Aurora Food Shelf

203 S. 2nd St. E.
Aurora, MN 55705
218-780-4114
Tuesdays 10am-1 pm
3rd Thursdays 3pm-6pm

Babbitt Food Shelf

Call if you need assistance
218-827-2166

Chisholm Food Shelf

208 W. Lake St.
Chisholm, MN 55719
218-966-3862
Thursdays, 11am-3pm
Call for Mobile Food Shelf
information

Ely Area Food Shelf

15 W. Conan St.
Ely, MN 55731
218-235-8527
3rd Weds. 11am-5pm and
Saturday following 3rd Weds.
from 8am-11am

Grand Marais Food Shelf

1st Congregational Church
Grand Marais, MN 55604
218-387-2113
Mondays 3-5pm
1st Weds. 4:30-6:30pm

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.
Mountain Iron, MN 55768
218-749-1371
Weds. & Thurs. 10am-4pm
Thrift Store: Tues. 10am-2pm

Silver Bay Food Shelf

County Service Center
99 Edison Blvd.
Silver Bay, MN 55614
218-220-0467
Mon.- Thurs. 9am-3pm

Tower Area Food Shelf

302 Spruce St.
Tower, MN 55790
218-721-2368
3rd Tues. monthly
2pm-5pm

Two Harbors Area Food Shelf

2124 10th St.
Two Harbors, MN 55616
218-391-8191
Tuesdays 10am-3:45pm
2nd Thursday of month 3-6pm

Government Food Programs

Supplemental Nutrition Assistance Program (SNAP)/EBT

Helps income eligible individuals and families purchase food.
Call (888) 711-1151 to see if you qualify or apply online at
www.mnbenefits.mn.gov

St. Louis County Public Health & Human Services

201 S. 3rd Ave., Virginia, MN 55792 218-471-7115
1814 14th Ave E, Hibbing, MN 55746 218-262-6000

AEOA

702 3rd Ave S., Virginia, MN 55792
SNAP application assistance:
218-404-6050 or snap@aeoa.org
www.aeoa.org/snap-enrollment

Women, Infants & Children (WIC)

Supplemental food plus nutrition assistance for pregnant,
postpartum, and breastfeeding women and children under 5
www.health.state.mn.us/people/wic
North St. Louis County: 218-471-7604

Commodity Supplemental Food Program (CSFP)/NAPS

Supplemental food for seniors aged 60 and older.
Monthly distribution from several sites.
For income guidelines and registration information, call
Northern Lakes Food Bank at 218-727-5653 ext. 112

Arrowhead Economic Opportunity Agency

Download this guide at www.aeoa.org/food-access-overview

For more information on local food resources or to make
suggestions to this guide, please contact call 218-404-6050
or email foodaccess@aeoa.org

Supplemental Nutrition Assistance Program (SNAP)



What is SNAP? SNAP provides food benefits to supplement your grocery budget so you can afford the nutritious food essential to health and well-being

Am I eligible for SNAP? Contact AEOA's Food Access Coordinator at snap@aeoa.org or 218-404-6050 to learn more or visit AEOA's website at www.aeoa.org/snap-enrollment.

How does SNAP work? If approved, you will receive benefits on an Electronic Benefit Transfer (EBT) card each month.

You can use your EBT card to buy:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat

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*Strengthening communities by providing opportunities
for people experiencing social and economic challenges.*

Prepared Meals

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

Salvation Army - Hibbing
107 W. Howard St.
Hibbing, MN 55746
218-263-5096
Free dinner program
Mon-Fri 4-5pm
Food Shelf by appointment
Mon, Wed, Thurs, 9am-11pm
& Tuesdays 1pm-3pm

Peace United Methodist Church (PORCH)
305 S. 9th Ave.
Virginia, MN 55792
218-741-7738
1st Weds of month at 5pm
Sept-May
Free community meal.
www.peaceumc.us/menus

Meet Up and Chow Down
United Way of NE MN
Free summer lunch program
for children ages 1-18.
Mon-Thurs, June - August
Call 218-254-3329 for nearest
location.

Old School Lives Free Community Meal
9165 Hwy 53
Cotton, MN 55723
218-482-3005
3rd 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.

Low-Cost Groceries

Ruby's Pantry Eveleth
Clinton Community Center
8907 Hwy 37
Iron Junction, MN 55751
4th Weds. 3:15-5:30pm

Ruby's Pantry Grand Marais
Cook Co. High School
101 W 5th Street
Grand Marais, MN 55604
2nd Tuesday of the month
5pm-6:30pm

Ruby's Pantry Cook
Old Cook School
East Vermilion Blvd
Cook, MN 55723
2nd Thurs. monthly, 4:30-6pm
(doors open at 3:30pm)

Ruby's Pantry Silver Bay
Bay Area Vineyard Church
99 Edison Blvd.
Silver Bay, MN 55614
3rd Saturday, 10:3 am-12:00pm

Farmers Markets that accept EBT/SNAP

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 2pm-5 pm,
Saturdays 9 am-1 pm

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, 4-6pm

Markets open seasonally (typically mid-June to October)

For more information on all markets in NE MN,
scan the code or visit www.arrowheadgrown.org

