

# 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, drive up  
Tues 2:30-4:30, shop inside, call for  
appointment; Thrift store Tues 10-2

### 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](http://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](mailto:snap@aeoa.org)  
[www.aeoa.org/snap-enrollment](http://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](http://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  
Second Harvest Northland at 218-336-2307

---

### Arrowhead Economic Opportunity Agency

Download this guide at [www.aeoa.org/food-access-overview](http://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](mailto: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](mailto:snap@aeoa.org) or 218-404-6050 to learn more or visit AEOA's website at [www.aeoa.org/snap-enrollment](http://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

*Funded in part by the Minnesota Department of Human Services.  
This project was funded at least in part with Federal funds from USDA.  
This institution is an equal opportunity provider.*



*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-2:30  
pm & Fridays 9-11:30am  
Produce/bread distributed  
Mon, Fri 1 pm

**Peace United Methodist  
Church (PORCH)**  
305 S. 9th Ave.  
Virginia, MN 55792  
218-741-7738  
1st Weds of month at 5pm  
Sept-May

**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**  
Great Expectations School  
550 E 5th St  
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 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](http://www.arrowheadgrown.org)

