



SOUTHSIDE  
COMMUNITY HEALTH  
SERVICES

# FOOD RESOURCES

Local resources for access to food

Updated June 2024

01	Our Mission, Vision, and Values
02	MN Food Helpline
03	Brightside Produce
04	Local Food Shelves
09	Free Local Meals
15	Open Arms
16	Additional Resources

---



### Our Mission

Improving the health of our patients and communities by delivering exceptional care, removing barriers and promoting healthy lifestyles.

### Our Vision

Every member of Southside's communities has the opportunity to lead a happy and productive life, built on a foundation of good health.

### Our Values

We collaborate and share responsibility with each other and our patients. We work together to achieve our mission and vision by ensuring the well-being of our community and providing continuous support.



# MN FOOD HELPLINE

The Minnesota Food HelpLine is a program of The Food Group where anyone in Minnesota can call to get assistance with food resources. They can see if you qualify for the SNAP program (Formally Food Stamps or known as EBT) and help answer application questions. They can also refer you to food shelves, discounted groceries, senior resources (Meals on Wheels), and other food resources in your area. Have general questions? If they can't help, they can direct you to where you need to go to find answers.

If you are more comfortable speaking in a language other than English, interpreter services are available (Spanish, Somali, Hmong, and many others!)

## **You can call or text 1-888-711-1151**

### What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a monthly financial benefit that helps you to purchase healthy food at your local grocery and convenience store, farmers' market, and even through Walmart and Amazon delivery.

You can apply online for SNAP benefits at <https://www.mnbenefits.org/>

If you are having trouble filling out an application online, call the Minnesota Food HelpLine to have an application sent to you in the mail.



## BRIGHTSIDE PRODUCE

Brightside strives to eliminate food insecurity in urban areas by bridging communities through people and produce.

Southside partners with Brightside for the food delivery to their patients has reduced cost pricing. You can opt to join the 'Pay what you can' program.

<https://brightsidempls.org/products/produce-deliveries-for-southside-clients>



# LOCAL FOOD SHELVES

---

The following food shelves require photo ID and proof of residence (utility bill, medical card, etc.) since they serve only those who live within designated areas; most serve a person only once a month. If you do not have a permanent address, you can go to Sharing and Caring Hands. 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.

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.

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 register.

CAPi

5930 Brooklyn Blvd., Brooklyn Center MN 55429

Phone: 612-756-8958

Hours: Tuesday 1–4 pm; Wednesday and Thursday 9 am–12 pm and 1–4 pm. New registrations are only done on Thursdays.

Service Area: Primarily persons of Asian descent in Hennepin Co.

Community Bridge Food Shelf

2400 Park Avenue South, Minneapolis MN 55404

Phone: 612-353-5211

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: Monday–Thursday 1–4 pm. (Registration 12:45–3:45 pm.)

Remarks: One visit per month. CES serves all areas.

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 who are enrolled with a tribe.



## LOCAL FOOD SHELVES *Continued*

---

---

### Fare for All Program

Phone: 763-450-3880 Website: [www.fareforall.org](http://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.

Groveland Emergency Food Shelf/Groveland Food for Youth  
1900 Nicollet Ave., Minneapolis MN 55403

Phone: 612-871-0277

Hours: Monday–Friday 9 am–12 pm.

Remarks: Delivery for adults is available for shut-ins in Minneapolis or neighboring areas.

### Joyce Uptown Food Shelf, Inc.

3041 Fremont Avenue South, Minneapolis MN 55408

Phone: 612-825-4431

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

Remarks: Appointment only shopping. Shoppers can come twice a month to shop in our small grocery store. No Income or geographic requirements.

Call ahead for appointment. Emergency  
prepacked food bags available on request.

### Little Kitchen Food Shelf

1500 6th Street NE, Minneapolis MN 55413

Phone: 612-788-2444

Hours: Wednesday and Friday from 10 am–noon; Tuesday and  
Thursday 6–7:30 pm.

Intake: Pre-registration for new clients Monday–Friday 9–11 am.

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

### Minnesota Food Helpline

Phone: 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 assistance completing the application. Assists locating food resources (food shelf, meals). Also refers to other public food programs like WIC (Women, Infants and Children), and NAPS (Nutrition Assistance Program for Seniors).

# LOCAL FOOD SHELVES *Continued*

---

---

New Creation Baptist Church

1414 East 48th Street, Minneapolis MN 55417

Phone: 612-825-6933 Website: nbcfoodshelf.com

Hours: Food and clothing pantry is open Saturdays 10 am–2 pm; closed when there is a fifth Saturday of the month.

Remarks: Bring state ID with you to register.

NorthPoint Health & Wellness Center

1835 Penn Avenue North, Minneapolis MN 55411

(Temporary location during construction)

Phone: 612-767-9175 (Food Shelf)

Hours: Monday–Thursday 10 am–4 pm; intake closes at 3:30 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 40 lbs. of stable supplemental food) to each senior. Call for information.

Sabathani Community Center

310 East 38th Street, Minneapolis MN 55409

Phone: 612-821-2396

Hours: Monday–Thursday 9:30 am–3 pm.

Salvation Army Central Social Services

2727 Central Avenue NE, Minneapolis MN 55418

Phone: 612-789-1512

Hours: Tuesday 1–4 pm; Wednesday and Thursday 8–11:30 am and 1–4 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.



## LOCAL FOOD SHELVES *Continued*

---

---

Salvation Army Noble

10011 Noble Parkway, Minneapolis MN 55443

Phone: 763-425-0517

Hours: Tuesday and Thursday 12–4 pm by appointment.

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

Service Area: Northern and northwest suburbs of 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. You may also schedule online at:  
[uscsalvationarmy.wufood.com/forms/pvh88qtlm8hg6e/](https://uscsalvationarmy.wufood.com/forms/pvh88qtlm8hg6e/).

Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

Phone: 612-522-6581

Food Shelf Hours: Monday–Wednesday 9–11 am.

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 and appointment. Must provide photo ID and current piece of  
mail at time of appointment. Food shelf  
is available once per calendar month. It is a first-come first-serve basis. We reserve the  
right to limit the number of households served if the volume of guests is too high.

Salvation Army Temple

1604 East Lake Street, Minneapolis MN 55407

Phone: 612-767-2700

Hours: Tuesday, Wednesday and Friday 9 am–11 am; Thursday  
produce distribution.

Service Area: For persons who live in south Minneapolis or southern Hennepin County.  
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.  
Remarks: Food shelf provides the opportunity to shop with a volunteer for your needs.  
Free produce distribution every second Thursday of the month; doors open at 9:45 am.

# LOCAL FOOD SHELVES

*Continued*

---

## Senior Food Shelf

1801 Central Avenue NE, Minneapolis MN 55413

Phone: 612-788-9521

Hours: Monday–Friday 9:30 am–1pm. Appointments are required for food pick-up, or a delivery can be scheduled.

Remarks: Food shelf for people 55 and older. Must reside in Hennepin County. May use food shelf once per calendar month.

## Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

Phone: 612-338-4640

Hours: Monday–Thursday 10–11:30 am; and 12:45–1:30 pm.

Simpson United Methodist Church

2740 1st Avenue South, Minneapolis MN 55408

Phone: 612-874-7741

Hours: Tuesday and Wednesday from 9:30 am–12:30 pm.

Remarks: Need proof of residence and piece of mail with name and address or medical card for self. Family members must have medical, school ID or birth certificate. Can be used once every 30 days.

## Sisters' Camelot

Hosmer Library: 347 E 36th Street, Minneapolis, MN

Phone: 612-543-6900

2nd Thursdays from 2–3 pm

Pre-packed bags of groceries and bulk produce. Please bring something sturdy to help you carry your items. No registration required.

## 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

Remarks: Also provides free produce on the second and fourth Wednesday of the month at 1 pm; sign up at front desk at 10 am for produce distribution.

## WIC Program (Women Infants Children)

Phone: 612-348-6100

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 LOCAL MEALS

## Breakfast

### Ministries

1010 Currie Ave. (Salvation Army Harbor Light), Minneapolis MN 55403

Serves breakfast 5:30–6:30 am seven days a week. Open to anyone.

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.

### St. Stephen's/House of Charity Food Centre

Temporarily closed due to fire damage.

714 Park Avenue, Minneapolis MN 55415

Phone: 612-436-2055

Serves women and families with children

Monday–Friday from 8:30–9 am.

### Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

Phone: 612-338-4640

Breakfast 10 am Monday–Thursday;

9:30 am on Saturday & Sunday.

# FREE LOCAL MEALS *Continued*

## Drop-In Centers, Lunch and Snacks

### All God's Children Metropolitan Community Church

3100 Park Avenue South, Minneapolis MN 55407

Phone: 612-824-2673

Hours: Thursday lunch is temporarily on hold due to pandemic.  
Small food shelf available Mondays and Thursdays 2–5 pm, and  
Tuesdays and Fridays 10 am–1 pm.

### Catholic Charities Mary F. Frey Minneapolis Opportunity Center

740 East 17th Street, Minneapolis MN 55404

Phone: 612-204-8300

Serves Lunch: 11:30am–12:30pm

- Showers (free) 8 am–11:00 am Sign up Service Desk
- Laundry (\$1) 8 am–11:00 am Sign up Service Desk
- Lockers (\$5/month) Access at 8 am, 10:45 am, and 1 pm. Sign up Front Desk. Limited space
- Mail (free) Inquire at Front Desk. Must check mail in person with ID. No phone calls to check mail.

Drop-in Hours: Monday–Friday 7 am–3 pm; Saturday 7 am–1 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–12:15 pm.; may end sooner, depending on the number of guests. To-go bag lunches also available.

Remarks: During winter months, if Minneapolis Public Schools are closed due to weather, we will be closed, too.

### 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 3 pm, and Sunday at 4 pm.



## FREE LOCAL MEALS *Continued*

### Drop-In Centers, Lunch and Snacks

#### Peace House

1816 Portland Avenue South, Minneapolis MN 55404

Phone: 612-870-7263 Website: [www.peacehousecommunity.org](http://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 Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

Phone: 612-522-6581

Provides: Lunch served Monday–Friday 11:30 am–12:30 pm, except on public holidays.

#### Salvation Army Temple Corps

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 noon; Saturday and Sunday at 11 am.

#### Soup for You Cafe

2511 E. Franklin, Minneapolis MN 55406 (Bethany Church basement)

Phone: 612-978-7974

Hours: Serves bag lunches Monday–Friday 12–1 pm. Groceries given out on Mondays and Wednesdays. Hygiene and winter items also often available. Open on weekday holidays.

## FREE LOCAL MEALS *Continued*

### Drop-In Centers, Lunch and Snacks

Tasks Unlimited – Northeast Outreach & Opportunity Center

Elim Church 685 13th Ave. NE, Minneapolis, MN 55413

Phone: 612-756-6606

Drop-in Hours: Tuesdays, Thursdays, and Fridays 8 am–3 pm. The NOOC has snacks and hot meals available during open hours as well as hygiene supplies and other basic needs for visitors. You can also find mental health supports, employment resources, and housing stabilization services at the center.

Loaves & Fishes - True Vine New Bethel

2639 Thomas Avenue North, Minneapolis MN 55412

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

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.

# FREE LOCAL MEALS *Continued*

## Dinner

### Loaves and Fishes

Main office phone: 612-377-9810

Website: [www.loavesandfishesmn.org](http://www.loavesandfishesmn.org) for all site information

### Great is thy Faithfulness

1115 30th Avenue North, Minneapolis MN 55411

Serves 5:30–6:30 pm Monday–Friday

### 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– pm Monday–Friday

### Hope Lutheran Church

7132 Portland Avenue South, Richfield MN 55423

Serves 5–6 pm Monday–Friday.

### Christ the King Lutheran Church

8600 Fremont Ave. S., Bloomington MN 55420

Serves 5–6 pm Monday–Friday

### Mount Olivet Lutheran Church

5025 Knox Avenue South, Minneapolis MN 55410

Serves Thursday 4:00–5:30 pm.

### Living Hope Ministries

1737 Adams Street NE, Minneapolis MN 55413

Serves Tuesday and Thursday 4:00–5:30 pm.

### Oak Park Neighborhood Center

1701 Oak Park Avenue North, Minneapolis MN 55411

Phone 612-377-7000

Provides: Community meals are served on a take-out basis Tuesday, Wednesday and Thursday 4–6 pm.



# FREE LOCAL MEALS *Continued*

## OTHER WEEKEND MEALS

### Calvary Baptist Church

2608 Blaisdell Avenue South, Minneapolis MN 55408

Phone: 612-872-7855

Remarks: Dinner on the third Sunday of the month, October-March. Doors open at 12:30 pm for 2:30 meal.

### First Nations Kitchen

3044 Longfellow Avenue South, Minneapolis MN 55407

(All Saints Episcopal Indian Mission)

Website: [www.firstnationskitchen.org](http://www.firstnationskitchen.org)

Remarks: Serves hot, take-out dinner Sundays from 4-5 pm.  
These Sunday meals are served 5-6 pm

### Plymouth Congregational Church

1900 Nicollet Avenue South, Minneapolis MN 55403

Due to COVID-19, all Sunday evening meals are only at  
Plymouth.

Meals may return to the following schedule in mid-2022:  
First and Fifth Sundays of the Month

### Hennepin Avenue Methodist Church

511 Groveland Avenue, Minneapolis MN 55403

Second and Third Sunday of the Month

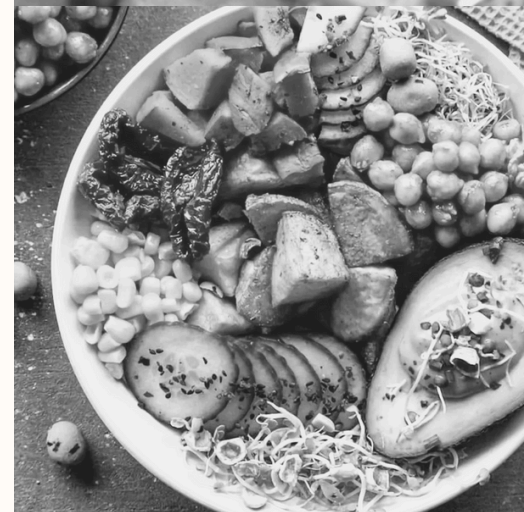
### Plymouth Congregational Church

1900 Nicollet Avenue South, Minneapolis MN 55403

Fourth Sunday of the Month

Westminster Presbyterian Church

1200 Marquette Avenue, Minneapolis MN 55403



# Open Arms

Open Arms of Minnesota is a nonprofit that prepares and delivers nutritious meals to Minnesota residents living with life-threatening illnesses. If you're living with HIV/AIDS, Cancer, Amyotrophic Lateral Sclerosis (ALS), Multiple Sclerosis (MS), End Stage Renal Disease (ESRD), Congestive Heart Failure (CHF), and/or Chronic Obstructive Pulmonary Disease (COPD), and would benefit from food assistance, Open Arms may be able to provide you delicious, convenient, healthy meals — all free of charge.

If you or someone you know has one of the above diagnoses and is interested in receiving meals, please submit an application by selecting visiting the website: <https://www.openarmsmn.org/get-meals/>

They will review the application and reach out to confirm eligibility. If eligible for our services, our Client Services Team and Nutrition Team will work to tailor meals to your specific needs, with a loving community of volunteers delivering meals straight to your home every week. You can also get connected with our Registered Dietitian at Southside.

Not living with HIV/AIDS, cancer, MS, ALS, COPD, CHF or ESRD but still in need of meals? Other ways to access our program include waivers (CADI, Elderly Waiver, Alternative Care Waiver, Disabilities Waiver, etc) and our private pay option. Call Client Services at 612-767-7333 for more information! Please DO NOT submit an application before speaking with our team as we cannot guarantee you service if you do not have one of our qualifying diagnoses listed above.

Thank you.



# ADDITIONAL RESOURCES



## Handbook of the Streets

### Minneapolis Resource Guide for People in Need

Food, Shelter, Public Assistance,  
Health Care, Education, Employment,  
Service for Immigrants, Legal Services





SOUTHSIDE COMMUNITY HEALTH  
SERVICES

GUIDE TO  
LOCAL FOOD RESOURCES

[www.southsidechs.org](http://www.southsidechs.org)

