

Life isn't always easy, and we are experiencing harder economic times. But no one should go hungry. Enclosed you will find information on where you can go for meals, food, and nutrition services in Aitkin County and many of our communities. There are services or resources for infants, seniors and everyone in between. If you are in need of food assistance, call or stop by one of the listed locations.



## COUNTY WIDE SERVICES

### Supplemental Nutrition Assistance Program

Also known as "SNAP", is a county-run federal program that helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals.

CALL: 218-927-7200 or go to:  
[www.applymn.dhs.mn.gov](http://www.applymn.dhs.mn.gov)



### Women, Infant, Children's Program

Also known as "WIC", is a nutrition program for income eligible pregnant and post-partum women and children 0-5 years of age.

CALL: 218-927-7201



Aitkin County Health & Human Services  
204 1st Street NW, Aitkin, MN, 56431

## COMMUNITY MEALS



### Aitkin First Lutheran Church-Loaves & Fishes

Every Monday & Thursday starting at 5 PM  
Lunch every Tuesday starting at 12:00 PM  
Address: 107 2nd St SE, Aitkin, MN, 56431

### Malmo Evangelical Church

Lunch every 3rd Thursday from 11 am - 1 pm  
Address: 21927 322 Avenue, Isle, MN, 56342

### Bethel Lutheran Church

Lunch every Thursday at 12:00 pm  
Address: 411 Main St. Palisade, MN, 56469

### Angel's McGregor Community Center

Dinner every 3rd Wednesday 5:00-6:00 PM  
Address: 41442 MN-65, McGregor, MN, 55760

### Zion Lutheran Church- McGrath

Dinner every 3rd Thursday at 5:30 pm  
Address: 4207 1st Street North, McGrath, MN

## Aitkin County Health & Human Services

204 1st Street NW, Aitkin, MN 56431  
Phone: 218-927-7200 or 800-328-3744

*Edited By: Hannah Colby, RD, LD, CLS*

*Revised On: 10/25/22*



# Community Food Resources

Aitkin County



## JUST FOR SENIORS



### Senior Dining

**Hill Lake Café:** M-F, 7 AM - 2PM

### Aitkin First Lutheran Church Loaves & Fishes- Lunch

Offers a chance to visit and have lunch at no cost on Tuesdays starting at 12:00 PM (Noon)

### Aitkin County CARE Meals on Wheels

Hot meals (lunch) provided to homebound seniors age 60 and over. Suggested donation of \$4.50 per meal. To register call 218-927-1383 or 1-800-662-5711, ext. 7323

### Aitkin County CARE Rural Delivery Services

Frozen meals and Nutrition Assistance Program for Seniors (NAPS) for seniors 60 and over. Suggested donation of \$4.50 for frozen meals. To register call 218-927-1383 or 1-800-662-5711, ext. 7323

### Mille Lacs Band Title VI Indian Elder Nutrition

District II Community Center and Clinic. Call 218-768-3311 for more information.

### ANGELS & AEOA MEAL PROGRAM

The cost is \$4.50 per meal and is billed monthly from AEOA. Meals are delivered 2x per month to ANGELS office. To register call 218-768-2762.

### ANGELS Loaves & Fishes Lunch Delivery

Every Monday and Thursday. To learn more call 218-768-2762.

## RUBY'S PANTRY



Ruby's Pantry holds food distribution in a number of locations. A donation of \$20 is requested and some sites charge a \$1 card processing fee.

## Distribution Centers

### Journey North Church

**1st SAT: 9:00-10:30 AM, Doors open at 8:00 AM**

**Address:** 810 2nd Street NW, Aitkin

### Northern Pacific Building, #2

**2nd TUES: 4:30-6:00, Doors open at 4:00 PM**

**Address:** 1511 Northern Pacific Road, Brainerd

### Cromwell Park Pavilion

**2nd THUR: 9:00-10:30 AM, Doors open at 9:00 AM**

**Address:** 5577 Cromwell Park Drive, Cromwell

### Onamia Community Center

**1st MON: 10:30-12:00 pm, Doors open at 10:00 AM**

**Address:** 806 West Kathio Street, Onamia, MN

## SECOND HARVEST



### Second Harvest Food Bank- McGregor Community Center

**1st Tuesday of every month. Please call 218-927-1383** (Paperwork will be mailed & to be completed)

## FARE FOR ALL



**Onamia:** The first Wednesday of each month from 3:00 pm to 5:00 pm at the Onamia VFW

**FOR EBT: call 763-450-4217. MON-FRI: 10 am-2 pm**

**\$11 Produce Pack:** Often contains onions, potatoes, and carrots, along with additional fruits and vegetables. **\$12 Meat Only Pack:** Includes a variety of 3-4 frozen meat items, such as: turkey, beef, chicken, or fish. No pork. **\$21 Regular Pack:** Save extra \$ by combining the Produce Pack and Meat Only Pack. **\$26 Mega Meat Pack:** Includes a variety of 7-8 frozen meat items, such as: beef, chicken, fish, pork or turkey.

## FARMERS' MARKETS



### The Aitkin Farmers' Market (seasonal):

Every Saturday from 9 AM - 1 PM at the Ripple Center. PoP Coupons for Kids and Seniors are available. Offers Market Bucks for those participating in the SNAP program.

## AREA FOOD SHELVES



### Aitkin Area Food Shelf

**Every Wednesday: 10:30 am-3:00 pm**  
**Address:** 102 4th Street NW, Aitkin, MN, 56431  
**Phone Number:** 612-803-1839

*Aitkin Area Food Shelf Intake form reviewed by staff.*

### Community Food Shelf- First Lutheran

**2nd & 4th Thursday: 9:00 am- 4:00 pm**  
**Address:** 107 2nd St SE, Aitkin, MN 56431  
**Phone Number:** 218-927-2028

*Pick up only one time per month*



### St. James Catholic Church Food Shelf

**Tuesdays: 12:00-3:00 pm**  
**Address:** 299 Red Oak Dr, Aitkin, MN 56431  
**Phone Number:** 218-927-6581 or 218-927-2745  
*Can only be used twice per month*

### Hill City Food Shelf

**3rd Saturdays: 8:00 am-12:00 pm**  
Call the number below to set-up an appointment  
**Address:** Trinity Lutheran Church-Ione Ave NE, Hill City, MN 55748  
**Phone Number:** 218-697-8263

### Jacobson Food Shelf

**1st & 3rd Thursdays: 4:00-6:00 pm**  
**Address:** Carmel Lutheran Church- MN-65, Jacobson, MN 55752  
**Phone Number:** 218-426-4799 or 218-426-4712

### McGregor Food Shelf

**2nd & 4th Thursdays: 9:00 am-12:00 pm**  
**Address:** 92 N Maddy St, McGregor, MN 55760  
**Phone Number:** 218-218-426-3330 (Sharon)  
*Can only be used twice per month*

### Garrison Area Caregivers

**Tuesdays: 1:00 pm - 5:00 pm**  
**Address:** 9535 Madison Street, Garrison, MN 56450  
**Phone Number:** 320-692-5399

### Isle Food Shelf

**1st TUES: 3:30-5:30 pm & 3rd TUES: 3:30-5:30 pm**  
**Address:** 250 2nd Ave S, Isle, MN 56342  
**Phone Number:** 320-676-8890 (Karen)

### East Lake Community Center

**Appointments only**  
**Address:** Spalding Township, MN 55760  
**Phone Number:** 218-768-3311

## Minnesota Food HelpLine



**1-888-711-1151 (Monday- Friday 10:00 am - 5:00 pm)**