

◆ FOOD SHELVES

Aurora Food Shelf

315 N. Main St.
Aurora, MN 55705
218-750-7020
*Tuesdays 10am-1pm

Babbitt Food Shelf

Please 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

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

IRON RANGE 2020 FALL & 2021 WINTER FOOD & NUTRITION RESOURCE GUIDE

This guide is managed by the Rutabaga Project at AEOA. For questions and resource listing updates, please AEOA/Rutabaga Project's Food Access Coordinator at 218-410-0005.

◆ GROCERY ASSISTANCE PROGRAMS

SNAP - Supplemental Nutrition Assistance Program

SNAP can purchase food and plants and seeds to grow food. Applications are available at the second-floor desk Mon-Fri 8:00AM-4:30PM. Phone interviews available with an application mailed or completed online. Assistance with the application is often available in the mornings. Emergency SNAP may be issued more quickly in critical situations. AEOA's Senior Services and Adult Basic Education (ABE) at AEOA offer additional 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, (218)748-7337 or 800-662-5711 ext. 7337.

***Online EBT/SNAP home delivery for groceries available through Amazon and Walmart.**

Amazon website: amazon.com/qualify **Walmart website:** grocery.walmart.com

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.



◆ 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](https://peaceunited.us/the-porch) for din-
ner menu.

Old School Lives Free Community Meal

9165 Hwy 53
Cotton, MN 55723
218-482-3005
oldschoollives@gmail.com
www.oldschoollives.org

Senior Dining

AEOA (Arrowhead Economic Oppor-
tunity Agency)
702 3rd Ave. S.
Virginia, MN 55792
218-735-6899 or 1-800-662-5711 ext.
6899
Lunches served Mon.- Fri. from sever-
al locations to anyone age 60+ and
their spouses or caregivers. Suggest-
ed donation is \$4 per meal. No in-
come requirement. Reservations re-
quired one day in advance at select
locations. Call AEOA to register and
for more information.

Meals on Wheels (home- delivered meals)

AEOA (Arrowhead Economic Oppor-
tunity Agency)
702 3rd Ave. S.
Virginia, MN 55792
218-735-6899 or
1-800-662-5711 ext. 6899
Lunches delivered Mon.- Fri. to
homebound seniors 60+ who are
unable to purchase/prepare healthy
meals. Suggested donation \$4. No
income requirement.

◆ LOW-COST GROCERIES - RUBY'S PANTRY

Ruby's Pantry Babbitt

Municipal Center Gym
71 South Dr.
Babbitt, MN 55706
4th Sat. monthly, 10am-
11:30am, (drive thru opens
at 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 Services are
Drive-Thru/Curbside.**

Ruby's Pantry Cook

303 Vermilion Dr.
Cook, MN 55723
2nd Thurs. monthly, 4:30pm-
6pm, (drive thru opens

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)

**Distributions are subject to
weather conditions as well as
CDC and MDH covid19 guid-
ance.**

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)

Ruby's Pantry Grand Marais

Cook County Community Center
317 West 5th Street
Grand Marais, MN 55604
2nd Tues. monthly, 4:30pm-
6:30pm, (drive thru opens 4pm)
218-391-8191

◆ FOOD PREP & CLASSES

Cooking Classes - UMN Extension - SNAP Education For Individuals and Families

Virtual instruction for at home/hands-on sessions for meal planning, nutrition, food budgeting & grocery shopping and cooking. Call for more information about cur-
rent classes: 218-471-7234. [https://extension.umn.edu/teaching-nutrition-
education/supplemental-nutrition-assistance-program-education-snap-ed](https://extension.umn.edu/teaching-nutrition-education/supplemental-nutrition-assistance-program-education-snap-ed)
Facebook: "Live Healthy, Live Well"

Food Preservation

Information on canning, freezing, drying and safe storage of food. [https://
www.extension.umn.edu/food/food-safety/preserving](https://www.extension.umn.edu/food/food-safety/preserving)

◆ FARMERS MARKETS (*EBT/SNAP, MARKET BUCKS, PoP)

Area Farmers Markets are nearing the end of their season for 2020. Updates will
come out in the 2021 Spring & Summer Guide. Please visit the Arrowhead Grown
website at www.arrowheadgrown.org for more information.