

MINNESOTA WIC

- Nutrition and breastfeeding program
- Helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy
- Provides nutrition education and counseling, nutritious foods, and referrals to health and other social services

Contact your county's public health department for more information.

Wadena County Public Health

22 Dayton Ave SE, Wadena

Phone: 218-631-7629

Todd County Health & Human Services

212 2nd Ave S, Long Prairie

Phone: 320-732-4456

Crow Wing County Health

204 Laurel St., Brainerd

Phone: 218-824-1080

Morrison County Public Health

200 Broadway E, Little Falls

Phone: 320-632-6664



RUBY'S PANTRY **Ruby's** PANTRY

Brainerd, 1115 Wright Street

Hosted by: The Journey North Church

When: 2nd Tuesday of the month, 10:30 a.m.

Distribution: 11 a.m. - 12:30 p.m.

Little Falls, 609 13th Ave NE

Hosted by: Little Falls Alliance Church

When: 4th Monday of the month, 4 p.m.

Distribution: 4:30 p.m.-6 p.m.

LOCAL FARMER'S MARKETS

(May-October)

Staples

Lakewood Health System, 49725 Cty 83

When: Thursday from 2 p.m.-5:30 p.m.

Accepts EBT and WIC (*matches EBT*)

Veteran's Park off Hwy 10

When: Saturday from 10 a.m.-1 p.m.

Accepts EBT and WIC (*matches EBT*)

Wadena

801 Jefferson St North

When: Friday from 2 p.m.-5:30 p.m.

Accepts EBT and WIC (*matches EBT*)

Long Prairie

**Located between Hwy 27 and Hwy 12 at
CentraCare Health in the SE green space.**

When: Friday from 2 p.m.-6 p.m. (June-Oct)

Accepts EBT and WIC

Pine River

**Located in downtown Pine River, 4 blocks east
of Hwy 371 at the corner of Barclay Ave & 3rd St**

When: Fridays from 2:30 p.m.-5:30 p.m. (May 31-Sept 27)

Accepts EBT and WIC



218-894-1515 lakewoodhealthsystem.com



LOCAL FOOD ACCESS GUIDE

Food shelves

CSA programs

Farmer's markets

Wholesale groceries

Emergency food resources



MINNESOTA FOOD HELPLINE

The MN Food Helpline is a toll-free, statewide food resource locator. Live operators assist callers with a variety of programs and services to help them maintain a nutritious diet. Whether callers need emergency food right now, or long-term help, the MN Food Helpline is there. We use the Bridge to Benefits screening tool to predict eligibility for a number of state and federal programs that can free up money for food.

These resources include:

- Federal nutrition programs (SNAP, USDA commodity programs, WIC, school and summer meals)
- Local food shelves, onsite meals, discount grocery programs, and Meals-On-Wheels
- Nutrition education
- In person/over the phone SNAP application assistance
- Info on childcare assistance, cash assistance, energy assistance, state and federal tax credits and medical assistance

Open Monday-Friday
8:30 a.m.-4:30 p.m.
Phone: 1-888-711-1151
mnfoodhelpline.org



MINNESOTA **FOOD**
HELPLINE

FOOD SHELF LOCATIONS

Staples Food Shelf

402 Wisconsin Ave SE

When: Monday, Tuesday from 2 p.m. -4 p.m. and every fourth Thursday from 5 p.m.-7 p.m.
Phone: 218-894-2427

Motley Food Shelf

697 3rd Ave S

When: Thursday from 9 a.m.-12 p.m. and the last Thursday of the month from 6 p.m.-8 p.m.
Phone: 218-352-6344

Verndale Food Shelf

402 NE Clark Dr

When: Monday, Thursday from 9 a.m.-12:30 p.m. and the first Thursday of the month from 5 p.m.-7 p.m.
Phone: 218-639-7687

Pillager Food Shelf

305 West Fir Ave

When: Thursdays from 12 p.m.-5 p.m. and emergencies
Phone: 218-746-4009

Browerville Food Shelf

Old City Hall Building

When: Wednesdays from 10 a.m.-12 p.m. & 1 p.m.-3 p.m.
Phone: 320-594-6391

Long Prairie Emergency Food Pantry

127 Central Ave

When: Wednesdays, Fridays from 9 a.m.-11:30a.m.
Phone: 320-732-0979

Living Bread Pantry

Eagle Bend Assembly of God Church
205 Central Ave

When: Every 3rd Saturday of the month, starting at 9 a.m., bring your own box. Cost: \$20/share.

Pine River Food Shelf

245 Barclay Ave

When: Tuesdays from 10 a.m.-1 p.m. (except the 2nd Tuesday of the month is from 3:30 p.m.-6 p.m.) and Fridays 10 a.m.-1 p.m.
Phone: 218-587-4292

Lakes Area Food Shelf

29316 Patriot Ave

When: Tuesdays and Thursdays from 9 a.m. to 12 p.m.
Phone: 218-568-8474

SOCIAL SERVICES

Contact your county's social service department for more information.

Wadena County Social Services

124 1st St. SE, Wadena
Phone: 218-631-7605

Todd County Social Services

Courthouse Annex, 212 2nd Ave S, Long Prairie
Phone: 320-732-4500

Crow Wing County Social Services

204 Laurel St. #31, Brainerd
Phone: 218-824-1140

Morrison County Social Services

213 1st Ave SE, Little Falls
Phone: 320-632-2951

Cass County Social Services

400 Michigan Ave, Walker and
218 Washburn Ave E, Backus
Phone: 218-547-1340

When school's out...

**Text "Food" to 877877
to find a summer meals
program nearest you!**