

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 from 5:30-6:00 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 at 5:30 PM  
Address: 41442 MN-65, McGregor, MN, 55760

### Angel's Zion Lutheran Church- McGrath

Dinner every 3rd Thursday at 5:00 pm  
Address: 4207 1st Street North, McGrath, MN

## Aitkin County Health & Human Services

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

*Edited By: Hannah Colby, RD, LD  
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# Community Food Resources

**Aitkin County**



**Public Health**  
Prevent. Promote. Protect.  
Aitkin County



## JUST FOR SENIORS



### Senior Dining

**Hill Lake Café:** M-F, 7 AM - 2PM

**40 Club- Aitkin:** M-F, TBD

**Fireside Inn- McGregor:** T-F, 11-2

**Gabby's Eats & Treats- Palisade:** M-F, 8 -1

### Seniors Day Out- Aitkin First Lutheran Church

Offers a chance to visit and have lunch at no cost on Tuesdays from 12:00-12:30 PM (for 50+)

### Meals on Wheels

Hot meals (lunch) provided to homebound seniors five days a week within one mile of the city limits of Aitkin. Suggested meal cost \$4.00. Persons eligible for waived services may have a spend down obligation.

### Rural Delivery Service

#### **Frozen Meals on Wheels and NAPS**

Provided to homebound seniors five days a week. Suggested meal cost is \$4.00. Persons eligible for waived services may have a spend down obligation.

### Nutrition Assistance Program for Seniors- NAPS

Nutrition program for income eligible seniors (60+). Scheduled delivery in Aitkin, Hill City, McGregor, McGrath, and Jacobson

To learn more, determine eligibility, or register, call: AEOA Senior Nutrition Services at **800-662-5711, EXT 7323**

## OTHER RESOURCES



### Ruby's Pantry

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

## Distribution Centers

### Journey North Church

**1st SAT: 9:00 - 10:30 AM, Registration: 8:00**

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

### Northern Pacific Building, #2

**2nd Tuesday: 4:30-6:00, Registration: 4:00**

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

### Cromwell Park Pavilion

**2nd THURS: 10:00 -11:30 am, Registration: 9:30**

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

### Cloquet Armory

**4th WED: 10:00 am -11:30 am, Registration: 9:45**

**Address:** 801 HWY 335, Cloquet, MN

### Onamia Community Center

**1st MON: 10:30 am - 12:00 pm, Registration: 10:00**

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

## FARE FOR ALL



**Aitkin:** Food packages can be ordered from **Delores Wickham at 218-549-3158** and will be delivered to Maryhill Manor for pickup at 3:30, the first Wednesday of each month.

**McGrath:** Food will be delivered to Zion Lutheran Church. Pick up time is from 4:00-5:00 pm the first Wednesday of the month. Contact: **Dixie Danielson at 320-592-3463.**

**Hill City:** Food will be delivered to City Hall Community Room, 125 Lake Avenue. Pick up time is from 4:30 - 6:00 pm the first Wednesday of the month. Contact: **Barb Hartnell at 651-399-0204.**

**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.

## 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 & Thursdays; 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**

**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) or 218-768-2762 (Judy)

*Can only be used twice per month*

### Palisade Food Shelf

**2nd & 4th Wednesday from 9:00 am 12:00 pm**

**Address:** 205 1st Avenue North, Isle, MN, **Number:** 320-630-0995 (Karen)

### Garrison Food Shelf

**Tuesdays; 1:00 pm - 5:00 pm**

**Address:** 8541 Madison Street, Garrison

**Phone Number:** 320-692-5399

### Isle Food Shelf

**1st TUES: 4:00-6:00 pm & 4th THUR: 3:00-5:30 pm**

**Address:** 8541 Madison Street, Garrison

**Phone Number:** 320-692-5399