

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 5:00-6:00 PM  
(take out only)  
Address: 107 2nd St SE, Aitkin, MN, 56431

### Aitkin Firth Lutheran Church-Community Lunch

Lunch every Tuesday from 12:00-12:30  
Address: 21927 322 Avenue, Isle, MN, 56342

### Malmo Evangelical Church

Lunch every 3rd Thursday from 11 am - 1 pm  
(take out only)  
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, CLS*

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# Community Food Resources

Aitkin County



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



## JUST FOR SENIORS



### Senior Dining (AEOA)

**Hill Lake Café:** M-F, 7 AM - 1 PM

151 Lake Street Hill City, MN, 55748

**McGregor Angels:** Carry out (also available for Bethel Community Meals)

7 South Maddy Street McGregor, MN, 55760

**Gabby's Eats & Treats- Palisade:** M-F, 11 AM- 2 PM

303 Main Street Palisade, MN 56463

### 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.

For more information: 218-927-1383  
or 1-877-810-7776

To Register: 218-749-2912 or  
1-800-662-5711, ext. 7323

### 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.

To Register Call: 218-749-2912 or 1-800-662-5711,  
ext. 7323 (toll free)

### Nutrition Assistance Program for Seniors- NAPS

Nutrition program for income eligible seniors (60+).

**Aitkin:** 2nd Tuesday of each month at First Lutheran Church from 8:30-10:30 am.  
(Deliveries made to Aitkin Manor, Maryhill Manor, and Village Apartments)

**McGregor:** 3rd Tuesday of each month at McGregor Community Center from 9:30-10:30 am  
(Deliveries made to Pioneer Villa)

**McGrath:** 3rd Tuesday of each month at McGrath Senior Center from 10:30-11:00 am

## 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



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

Fare For All is community-supported and open to everyone. Fare For All buys fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. We select the best food from our shipments, pre-packaging it to give you the greatest deals!

### **What type of food is for sale?**

**\$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.

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

## 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: 8:30 am-11:00 am**

*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)  
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:** 411 Main Street, Palisade, MN 56469

**Number:** 320-630-0995 (Karen)

### 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, Aisle, MN 56342

**Phone Number:** 320-630-0995