

General Assistance: Minnesota Food Helpline		For general assistance with finding a food shelf, applying for SNAP, and locating other resources near you, the Helpline is available Monday - Friday 10 am - 5 pm. Assistance is available in English, Spanish, Somali, Hmong, and many other languages.				(888) 711-1151		
Minneapolis Food Shelves								
Last updated 04/01/2023 - please contact the organization prior to your visit to confirm hours and availability								
Service Name	Address	Hours of Operation	Contact Information	Website	Eligibility Criteria	Notes	Volunteer Inquiries	Donations
Brian Coyle Community Center Food Shelf	420 15th Ave. S.	Food Shelf: Mon 12-6 pm; Wed 12-4 pm; Fri 12-4 pm Produce Distribution: 1st & 3rd Thu 12 - 2 pm	(612) 338-5282	Visit Organization's website	New clients must bring an ID for themselves and their family members & complete a brief registration process.	This location offers Halal foods and has staff that speak Oromo and Somali.		Please visit the organization's website or contact them to learn more about donation opportunities.
Calvary Lutheran Church Food Shelf	3553 Chicago Ave.	Food Shelf: Wed 11 am - 2 pm; Sat 9 am - 12 pm	(612) 827-2504 ext. 3/ foodshelf@clchurch.org	Visit Organization's website	Appointment only, please call before to inquire about visiting the pantry.		Sign up at: https://www.signupgenius.com/go/9040549aea722aaf85-calvary	Please visit the organization's website or contact them to learn more about donation opportunities.
Camden Promise - Gethsemane Lutheran Church Food Shelf	4656 Colfax Ave. N.	Food Shelf: Mon - Sat: 12 pm – 2:30 pm	(612) 521-3575 / prjeff@thecamdenpromise.org	Visit Organization's website		Community meals are also offered at this site.	Yes, especially Hmong and Spanish speakers. Call 612-521-3575.	Please visit the organization's website or contact them to learn more about donation opportunities.
CLUES Canasta Familiar	777 E. Lake St.	Food Shelf: Wed 2 pm - 5 pm	(651) 379-4256 / jcalvo@clues.org	Visit Organization's website	Visit webpage for more information	Spanish speaking staff available at this site.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Community Aid Network MN	519 Oak Grove St.	Food Shelf: Mon 12 pm - 2 pm; Thu 5 pm - 7 pm	communityaidnetwork@gmail.com	Visit Organization's website		Walk-up, Drive-up, and delivery services are available	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Community Bridge Food Pantry	2400 Park Ave.	Food Shelf: 2nd Fri & 4th Sat: 9 am – 11 am	(612) 321-1967 / info@communitybridgemp.org	Visit Organization's website	Walk-ins available- Deliveries call this number (612) 321-1967	Community meals may also be offered, please call site to confirm availability.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Community Covenant Church Food Shelf	901 Humboldt Ave. N.	Food Shelf: 3rd Wed of every month: 12 pm – 1:30 pm	(612) 374-3935	Visit Organization's website				Please visit the organization's website or contact them to learn more about donation opportunities.
Community Emergency Service Neighborhood Food Shelf	1900 11th Ave. S.	Food Shelf: Mon - Wed: 1 pm - 4 pm & Fri: 1 pm - 3 pm	(612) 870-1125 / ces@cesmn.org	Visit Organization's website	Eligibility is based on income and first time visitors will need to fill out a short registration.	Home grocery and meal delivery is available through this organization. Please contact for more information.	Yes, especially Spanish or Somali-speakers during food shelf hours. Visit organization website.	Please visit the organization's website or contact them to learn more about donation opportunities.
Flourish Food Market (Plant-based food shelf)	3501 Aldrich Ave. S.	Food Shelf: Wed 1 pm - 3 pm	(651)-280-5232	Visit Organization's website		Offers all plant-based items. Community Meals are also available on a monthly basis. Check website for availability.	flourish@aceinthecity.org	Please visit the organization's website or contact them to learn more about donation opportunities.
Food in the 'Hood (Beacon of Hope)	2827 Newton Ave. N.	Food Shelf: 2nd & 4th Thu of every month: 5 pm – 7 pm	(612) 217-4003 / info@goodinthehood.org	Visit Organization's website	Please call for eligibility guidelines.		Visit the Organization's website	Please visit the organization's website or contact them to learn more about donation opportunities.
Food in the 'Hood (Sanctuary Haven)	710 W. Broadway Ave.	Food Shelf: Wed & Thu: 11 am - 3 pm	(612) 217-4003 / info@goodinthehood.org	Visit Organization's website	Please call for eligibility guidelines.		Visit the Organization's website	Please visit the organization's website or contact them to learn more about donation opportunities.

Friendship Community Services	2600 E. 38th St.	Food Shelf: 2nd & 4th Saturdays: 9 am - 1 pm	(612) 827-7928/ info@friendshipcommunityservices.org	Visit Organization's website			foodhub@greatfriend.org	Please visit the organization's website or contact them to learn more about donation opportunities.
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Glendale Food Shelf	92 St. Mary's Ave. SE	Food Shelf: Mon and Thu: 11 am – 3 pm; Tues and Wed: 2 pm – 6 pm	(612) 342-1954	Visit Organization's website	Must be a resident of Glendale Town Homes & income must be at or below 300% of federal poverty guidelines (self-declared).	Hours may increase in the future, please call to check on the most up-to-date hours	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Great is Thy Faithfulness	1115 N. 30th Ave.	Food Shelf: Thu 11 - 2 pm	(612) 559-7983	Visit Organization's website				Please visit the organization's website or contact them to learn more about donation opportunities.
Good Works Food Shelf	697 13th Ave. NE	Food Shelf: Tues 11 am – 1 pm; Wed by appointment only; 1st & 3rd Thu of every month: 5 pm – 6:30 pm West African Food Pantry: Fri 4 pm – 5:30 pm.	(612) 788-4829 / info@rescuenow.org	Visit Organization's website		Delivery services may be available. West African Food Pantry provides West African Food staples. Please contact the agency to understand availability and eligibility requirements.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Groveland Food Shelf	1900 Nicollet Ave. S.	Food Shelf: Mon - Fri: 9:30 am – 12 pm (or as supplies last)	(612) 871-0277 / info@grovelandfoodshelf.org	Visit Organization's website	Registration and a short orientation are required for your first visit.	Deliveries may be available to those that are housebound due to disabilities.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Horizons Unlimited Food Shelf at Division of Indian Work	1001 E. Lake St.	Food Shelf: Mon - Fri: 12 pm – 3 pm	(612) 279-6343	Visit Organization's website	Serves the American Indian community			Please visit the organization's website or contact them to learn more about donation opportunities.
Harvest from the Heart	3817 Pleasant Ave. S.	Food Shelf: Tues - Fri: 11 am – 4 pm; Sat 10 am – 1 pm	(612) 822-2101 / help@harvestfromtheheart.org	Visit English website Visit Spanish website	Serves everyone regardless of income or zip code, NO ID requirements		Spanish speaking volunteers. Visit organization's website.	Please visit the organization's website or contact them to learn more about donation opportunities.
Isuroon Halal Food Shelf	Several Locations, call to find the one nearest you	Depends on location	(612) 866-2731	Visit Organization's website	Home delivery also available		Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Jericho Food Shelf	1628 East 33rd St	Food Shelf: Mon - Thu: 1:30 pm – 4:30 pm Produce Distribution: Fri 8 am – 12:30 pm	(612) 455-1193 / jeff@jerichoroad.us	Visit Organization's website		May be able to offer bus cards & utility assistance. Please call first to confirm availability.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Joyce Uptown Food Shelf	3041 Fremont Ave. S.	Food Shelf: Mon: 10 am - 5:45 pm; Tue: 9 am - 4:45 pm; Wed: 12 pm - 4:45 pm; Thu: 11 am - 6:45 pm; Sat: 9 am - 1:45 pm	(612) 825-4431 / info@joyceuptownfoodshelf.org	Visit Organization's website	Appointment only, please call before to inquire about visiting the pantry.	Notary services may be available to pantry clients. Please inquire about availability when calling to make an appointment.	Yes, especially Spanish speakers. Visit organization's website.	Please visit the organization's website or contact them to learn more about donation opportunities.
Lao Center Monthly Food Pop Up	1015 N. 4th Ave.	Food Shelf: Last Friday of each Month: 3 pm - 5 pm	(612) 374-4967	Visit Organization's website	Registration is required. Please fill out the form shared on Facebook		Volunteers are needed (Southeast language skills are a plus). Visit their Facebook page to learn more	Please visit the organization's website or contact them to learn more about donation opportunities.
Little Kitchen Food Shelf	1500 6th St. NE	Food Shelf: Tue & Thu: 6 pm – 7:30 pm; Wed & Fri: 10 am – 12 pm	(612) 788-2444 / admin@gracenempls.org	Visit Organization's website	New clients must pre-register by calling 612-788-2444 between 9 and 11 am Mon - Fri (in person registration not available).		Volunteers (individuals and groups of 2-5 are welcome) are needed Mon - Fri. Call 612-788-2444 or email admin@gracenempls.org to sign up.	Please visit the organization's website or contact them to learn more about donation opportunities.
Minneapolis Central Church of Christ Food Shelf	1922 N. 4th Ave.	Food Shelf: Sat 11 am – 2 pm	(612) 374-5481	Visit Organization's website				

Minnehaha UMC Food Shelf	3701 E. 50th St.	Food Shelf: Tues 10 am – 3 pm	(612) 721-6231	Visit Organization's website			1-2 Spanish speaking volunteers. Contact foodshelf@minnehaha.org	Please visit the organization's website or contact them to learn more about donation opportunities.
MinneHarvest	3701 E. 50th St.	Food Shelf: 4th Saturday of the month: 7:30 am - 10 am	Renee Beymer: 612-722-1782 (phone) janos3@juno.com (email)	Visit Organization's website			Yes, Contact: Renee Beymer: 612-722-1782 (phone) janos3@juno.com (email)	
New Creation Baptist Church Food Shelf	1414 E. 48th St.	Food Shelf: Open the first four Saturdays of the month: 10 am – 2 pm	(612) 825-6933	Visit Organization's website	Available to anyone that lives in Twin Cities, walk-ins welcome		Yes, Spanish speakers appreciated. Contact newcreation1414@gmail.com	Please visit the organization's website or contact them to learn more about donation opportunities.

New Creations Ministries Mother Jeanette Frazier Food Shelf	5144 13th Ave. S.	Food Shelf: Mon 6 pm – 7 pm	(612) 202-0739	Visit Organization's website			Yes, contact Brenda Granison at 612-202-0739 or bgranison54@msn.com	Please visit the organization's website or contact them to learn more about donation opportunities.
NorthPoint Health & Wellness Center Food Shelf	1835 Penn Ave. N.	Food Shelf: Mon - Thu: 10 am – 4 pm Produce Giveaways: Tue & Thu: 9 am	(612) 767-9500	Visit Organization's website	Registration is required. You may print and bring the form with you on your first visit or staff can help you register on site.	Resources for newborns and babies may also be available. Please call ahead to determine availability of baby food, formula, diapers, and breastmilk.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Sabathani Community Center Food Shelf	310 E. 38th St., lower level, room 20	Food Shelf: Mon - Thu: 9:30 am – 3 pm (Closed 12 pm - 12:30 pm)	(612) 821-2396	Visit Organization's website		Delivery may be available for seniors and any other home bound individuals.	Yes, Spanish speakers appreciated. Visit www.signupgenius.com/go/9040449AAA62CA6FB6-sabathani	Please visit the organization's website or contact them to learn more about donation opportunities.
Salvation Army Central Ave Food Shelf	2727 Central Ave. NE	Food Shelf: Mon - Fri: 8 am- 12 pm & 1 pm - 4 pm (please arrive 30 min before closing)	(612) 789-2858	Visit Organization's website			Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Salvation Army East Lake Food Shelf	1604 E. Lake St.	Food Shelf: Mon - Fri: 8 am - 11 am & 1 pm - 3 pm (closed Wed 1 - 3 pm)	(612) 721-1513	Visit Organization's website			Please visit the organization's website to learn about volunteering opportunities.	
Salvation Army North Lyndale Ave Food Shelf	2024 Lyndale Ave N.	Food Shelf: Mon - Wed & Fri: 8:30 am - 11 am & 1 pm - 3 pm ; Thu: 1 pm - 3 pm only	(612) 522-4871	Visit Organization's website			Please visit the organization's website to learn about volunteering opportunities.	
Senior Food Shelf	1801 Central Ave. NE	Food Shelf: Mon - Fri: 9:30 am – 1 pm.	(612) 788-9521	Visit Organization's website	55 and over, living in Hennepin county, and meet income guidelines.	Delivery services also available. Call number to inquire.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
The Sanneh Foundation	Multiple Locations	See website	See website	Visit Organization's website		This organization hosts food distributions at different sites across Minneapolis. Please refer to their website for the most up to date information.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Sharing & Caring Hands Food Shelf	525 N. 7th St	Food Shelf: Mon - Thu: 10 am - 12 pm	(612) 338-4640	Visit Organization's website		May also be able to assist with shelter, dental, eyeglasses, and other essential needs.		Please visit the organization's website or contact them to learn more about donation opportunities.
Shiloh Cares Food Shelf	1201 W. Broadway	Food Shelf: Wed - Fri 10 am – 3 pm (arrive by 2:30 pm for service that day)	(612) 302-1463	Visit Organization's website	To register for Shiloh Cares Food Shelf the intake takes 2-3 minutes on same day. Clients can return to shop for food once per week.		Yes, especially Spanish and Somali speakers. Email shilohcaresfood@gmail.com	Please visit the organization's website or contact them to learn more about donation opportunities.
Simpson Food Pantry (SUMC)	2740 1st Ave. S.	Food Shelf: Tue & Wed: 9:30 am - 12:30 pm	(612) 874-7741	Visit Organization's website			Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Source MN	2609 Stevens Ave. - Fallout Urban Arts Center	Food Shelf: Tue: 9:30 am - 12 pm; Wed: 3 pm - 6:30 pm; 4th Sat of Month: 9:30 am - 11 am	(612) 822-5200 / info@sourcemn.org	Visit Organization's website	ID and registration are NOT required	This organization also hosts English as a second language courses. Visit sourcemn.org/esl to learn more.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.

St. Olaf Catholic Church Samaritan Ministry Food Shelf	215 S 8th St.	Food Shelf: Mon - Wed: 9 am – 11 am or call for appointment	(612) 332-7471	Visit Organization's website			Call to inquire	Please visit the organization's website or contact them to learn more about donation opportunities.
Substance Church - Love this City	101 E. Grant St.	Food Shelf: Once a month on Saturdays: 12:30 pm - 3:30 pm (<i>check website for exact date</i>)	(763) 710-4337	Visit Organization's website	No sign up required		Volunteers always welcome, set up begins at 12:30 pm on distribution days.	
Teamsters Serving Teamsters Food Shelf	3001 University Ave. SE	Food Shelf: Tue - Wed: 9 am - 2 pm	(612) 378-0446	Visit Organization's website	Food Shelf is for Teamster members and their families when they are out of work, sick or on strike. Please call beforehand to determine eligibility.			
The Aliveness Project Food Shelf	3808 Nicollet Ave. S.	Food Shelf: Mon - Fri: 9 am - 3:30 pm	(612) 822-7946	Visit Organization's website	Must be living with HIV/AIDS and be a member of the Aliveness Project, please call or visit website to inquire.		Please visit the organization's website to learn about volunteering opportunities.	
The Camden Collective	4150 N. Dupont Ave.	Food Shelf: Sat 1 pm – 3 pm	info@thecamdencollective.org	Visit Organization's website	Registration and line up starts at 12	Assistance is available in Spanish	https://www.signuggenius.com/go/10c0c45acad2aa5f4cf8-2022	Please visit the organization's website or contact them to learn more about donation opportunities.
Waite House Food Shelf	2323 11th Ave. S.	Food Shelf: Mon 12 pm - 4 pm; Tues 10 am - 12 pm & 1 pm - 4 pm; Thu 10 am - 12 pm & 1 pm - 4 pm Produce Distribution: 2nd & 4th Wed 12 pm - 2 pm	(612) 721-1681	Visit Organization's website	Walk-ins available; new clients will be asked to complete a brief registration process. This site has staff that speaks Spanish			Please visit the organization's website or contact them to learn more about donation opportunities.

Prepared Meals (take away or eat on-site)

Service Name	Address	Hours of Operation	Contact Information	Website	Eligibility Criteria	Notes	Volunteer Inquiries	Donations
Aliveness Project	3808 Nicollet Ave.	To Go Meals: Mon - Fri 9am - 4pm Dine-in Lunch: Mon - Fri 12 - 2pm	(612) 822-7946	Visit Organization's website	Must be living with HIV/AIDS and be a member of the Aliveness Project, please call or visit website to inquire.		Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Asian Media Access	2418 Plymouth Ave. N.	Hot Meal Distribution: every Fri: 5 pm - 6 pm (at our headquarters)	Please contact Lily.Do@amamedia.org for signing up	Visit Organization's website		Meals must be picked up on-site		
Oak Park Center	1701 Oak Park Ave. N.	Food Shelf: Tue - Thu: 4 pm - 6 pm	(912) 377-7000	Visit Organization's website		Meals must be picked up on-site		Please visit the organization's website or contact them to learn more about donation opportunities.
Minneapolis Public Schools - Community Sites	Multiple Sites	Multiple Times	(612) 668-0000	Visit Organization's website	Meals for children 18 and under, do not need to be attending MPS to be eligible	Provides meals and snacks to children after school, during school-release days, and school breaks.		
Sharing & Caring Hands Food Shelf	525 N. 7th St.	Food Shelf: Mon - Thu: 10 am & 1 pm; Sat & Sun: 10am	(612) 338-4640	Visit Organization's website		May also be able to assist with shelter, dental, eyeglasses, and other essential needs.		Please visit the organization's website or contact them to learn more about donation opportunities.
Salvation Army East Lake Street	1604 E. Lake St.	Food Shelf: Mon - Wed: 12 pm - 1 pm	(612) 721-1513	Visit Organization's website		Lunch Service		
Salvation Army Harbor Light Center	1010 Currie Ave.	Food Shelf: Thu - Mon: Starting at 6 pm	(612) 767-3100	Visit Organization's website		Dinner Service		

Soup for You Cafe	2511 E. Franklin Ave.	Daily Lunch: Mon - Fri: 12 pm - 1 pm Groceries: Wed: 12 pm - 1 pm	(612) 978-7974	Visit Organization's website		Daily lunch service and once a week food distribution offered		Please visit the organization's website or contact them to learn more about donation opportunities.
Source MN	2609 Stevens Ave. - Fallout Urban Arts Center	Food Shelf: Thu 6 pm - 8 pm	(612) 822-5200 / info@sourcemn.org	Visit Organization's website		Community meal is offered along with a "spiritual discussion" based on the bible.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Waite House Community Center	2323 11th Ave. S.	Food Shelf: Mon - Thu: 11 am - 12:30 pm	(612) 721-1681	Visit Organization's website		Meals must be picked up on-site		Please visit the organization's website or contact them to learn more about donation opportunities.

Home Delivery Services

Service Name	Address	Hours of Operation	Contact Information	Website	Eligibility Criteria	Notes	Volunteer Inquiries	Donations
Community Aid Network MN	519 Oak Grove St.	Delivery on Saturday	communityaidnetwork@gmail.com	Visit Organization's website		Fill out form online and select "delivery" option.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Meals on Wheels			(888) 998-6325	Visit Organization's website	Use website locator or call to find the Meals on Wheels program closest to you	Community partners deliver meals to those that are homebound and/ or cannot prepare meals for themselves.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Open Arms	2500 Bloomington Ave.		(612) 872-1152	Visit Organization's website	Complete an eligibility questionnaire and submit an application.	Provides a week's worth of medically tailored meals to eligible clients.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
Senior Food Shelf	1801 Central Ave. NE		(612) 788-9521	Visit Organization's website	55 and over, living in Hennepin county, and meet income guidelines.	Delivery services also available. Call number to inquire.	Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.
SEWA AIFW Meal and Grocery Delivery		Meals are delivered twice a week on Tue and Thu	(763) 234-8301/ meals@sewa-aifw.org	Visit Organization's website	Please call or email to determine eligibility and to schedule delivery of meals.		Please visit the organization's website to learn about volunteering opportunities.	Please visit the organization's website or contact them to learn more about donation opportunities.

To make corrections or additions to this list, please email homegrown@minneapolismn.gov