

NUTRITION ASSISTANCE PROGRAM SENIORS (NAPS)

Aitkin

1st Tuesday of each month. First Lutheran Church.
8:30 am - 10:30 am.

McGregor

3rd Tuesday of each month. McGregor Community Center. 10:30 - 11:30 am.

McGrath

3rd Tuesday of each month. Senior Center - 11:30 am.

Hill City

Monthly: the Wednesday following the 2nd Tuesday of the month. 9:30 - 11:30 am.

Jacobson

3rd Tuesday of each month. Carmel Lutheran Church. 4:00 pm - 6:00 pm. 218-426-4799

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



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 starting at 5 PM
Lunch every Tuesday starting at 12:00 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

Every 3rd Wednesday of the of the month
5:00-6:00 PM
Address: 41442 MN-65, McGregor, MN, 55760

Zion Lutheran Church- McGrath

Every 3rd Thursday of the month at 5:30 pm
Address: 4207 1st Street North, McGrath, MN

Minnesota Food HelpLine



1-888-711-1151 (Monday- Friday 10:00 am - 5:00 pm)

Aitkin County Health & Human Services

204 1st Street NW, Aitkin, MN 56431
Phone: 218-927-7200 or 800-328-3744

Edited By: Hannah Colby, RD, LD, CLS
Revised On: 9/5/2023



Community Food Resources

Aitkin County



JUST FOR SENIORS



Senior Dining

Gabby's Eats and Treats: M-F, 8 AM - 2PM
303 Main St. Palisade, MN \$4.50/meal

Aitkin First Lutheran Church Lunch (Pick- Up Only)

Offers a chance to visit and have lunch at no cost on Tuesdays starting at 12:00 PM (Noon)

Aitkin County CARE Meals on Wheels

Hot meals (lunch) provided to homebound seniors age 60 and over. Suggested donation of \$4.00 per meal. To register call 218-927-1383 or 1-800-662-5711, ext. 7323

Aitkin County CARE Rural Delivery Services

Frozen meals and Nutrition Assistance Program for Seniors (NAPS) for seniors 60 and over. Suggested donation of \$4.00 for frozen meals. To register call 218-927-1383 or 1-800-662-5711, ext. 7323

Mille Lacs Band Title VI Indian Elder Nutrition

District II Community Center and Clinic. Call 218-768-3311 for more information.

ANGELS & AEOA MEAL PROGRAM

The cost is \$4.00 per meal and is billed monthly from AEOA. Meals are delivered 2x per month to ANGELS office. To register call 218-768-2762.

ANGELS Community Meal

1st and 3rd Wednesday of the Month. 5:00 - 6:00 pm. McGregor Comm. Center

RUBY'S PANTRY



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

Distribution Centers

Northwoods Community Church

2nd SAT: 8:00 - 9:30 AM, Doors open at 8:00 AM
Address: 810 2nd Street NW, Aitkin

Northern Pacific Building, #2

2nd TUES: 4:30-6:00, Doors open at 4:00 PM
Address: 1511 Northern Pacific Road, Brainerd

Cromwell Park Pavilion

2nd THUR: 9:00-10:30 AM, Doors open at 9:00 AM
Address: 5577 Cromwell Park Drive, Cromwell

Onamia Community Center

1st MON: 9:30-12:00 PM, Doors open at 9:00 AM,
Address: 806 West Kathio Street, Onamia

SECOND HARVEST



Second Harvest Food Bank- McGregor Community Center

1st Tuesday of every month. Please call 218-927-1383 (Paperwork will be mailed & to be completed)

FARE FOR ALL



Onamia: The first Wednesday of each month from 3:00 pm to 5:00 pm at the Onamia VFW
FOR EBT: call 763-450-4217. MON-FRI: 10 am-2 pm

\$10 Produce Pack: 2 - 3 fresh fruits and 3 - 4 fresh vegetables. **\$11 Mini Meat Pack:** Includes 3-5 frozen meat items (no pork) **\$25 Mega Meat Pack:** 6 - 8 frozen meat items (chicken, turkey, pork, beef, or fish) **\$35 Speciality Pack:** Brucn, Turkey (Nov.) or ham (Dec.), typically include protein, veggie sides, and dessert.

FARMERS MARKETS

The Aitkin Farmers' Market (seasonal):

Every Saturday from 9 AM - 1 PM at the Tractor Supply. PoP Coupons for Kids and Seniors are available. Offers Market Bucks for those participating in the SNAP program.

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.

Aitkin 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: 8:00 - 12:00 pm
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 Wednesdays; 9:00 am-12:00 pm
Address: 92 N Maddy St, McGregor, MN 55760
Phone Number: 218-218-426-3330 (Sharon)
Can only be used twice per month

Garrison Area Caregivers Community Food Shelf

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, Isle, MN 56342
Phone Number: 320-630-0995

East Lake Community Center

Appointments only
Address: Spalding Township, MN 55760
Phone Number: 218-768-3311

Palisade Food Shelf

Every 3rd Tuesday of the Month from 10:00- 2:00 pm
Address: 209 N Third Avenue, Palisade MN (Assembly of God Church)
Phone Number: Barb Packer, 218-845-2726