

IRON RANGE FOOD RESOURCES

Community	Hours	Services Provided	Address/Phone
Aurora/Biwabik	Every Tuesday 10am-1pm & Third Thursday of the month from 3pm-6pm	Food Shelf *They are a certified “super shelf” so you may indoor shop. You must arrive 15 minutes prior to closing. *May access 1x per month	203 S. 2 nd St E Aurora, MN 55705 218-780-4114
Babbitt		Food Vouchers- Distributed by local churches- call number listed for information	218-827-2166
Chisholm	Every Thursday 11am-3pm	Food Shelf *May access 1x per month	208 W Lake Street Chisholm, MN 55719 218-254-0045
Cook	3 rd Wednesday of the month 9am-1pm	Food Shelf *May access 1x per month	124 5 th St SE Cook, MN 55723 218-666-2715
Ely	3 rd Wednesday of the month 11am-5pm & 3 rd Saturday of the month 8am-11am	Food Shelf *May access 1x per month	15 West Conan St PO Box 786 Ely, MN 55731 218-235-8527
Quad Cities Food Shelf Virginia Eveleth Mt Iron Gilbert	Every Wednesday and Thursday from 10am-4pm	Food Shelf (Wednesday & Thursday) *May access 1x per month	8367 Enterprise Drive N Virginia, MN 55792 218-749-1371
Quad Cities Food Shelf Virginia Eveleth Mt Iron Gilbert	Every Tuesday from 10am-1pm the thrift shop (only) is open	Thrift Shop (Tuesday) Clothing, dishes, etc. *This is a place to purchase low cost household and personal items*	8367 Enterprise Drive N Virginia, MN 55792 218-749-1371
Tower	3 rd Tuesday of the month 2:30pm-5:30pm	Food Shelf	Timberjay Building 414 Main Street Tower, MN 55790 218-753-3503
Salvation Army Virginia	Monday-Friday 1pm-4:30pm or until gone	Curbside Meal- no reservation needed- may come daily	507 12 th Ave W Virginia, MN 55792

			218-741-1889
Salvation Army Virginia	Monday-Friday 9:30am-11:30am or until gone	Bread Table- No reservation needed- may come daily	507 12 th Ave W Virginia, MN 55792 218-741-1889
Salvation Army Virginia	Monday-Friday 10am-11am 2pm-4pm	Food Pantry (Box) *Must reserve one day in advance* *May access 1x per month	507 12 th Ave W Virginia, MN 55792 218-741-1889
Salvation Army Hibbing	Monday-Friday 4pm-4:45pm	Soup Kitchen Meal- No reservation needed- may come daily	107 West Howard Hibbing, MN 55746 218-263-5096
Salvation Army Hibbing	Monday-Wednesday-Friday 9am-11:20am Monday & Wednesday 1pm-2:30pm	Food Shelf (Box or Shop) *Must call to reserve in advance*	107 West Howard Hibbing, MN 55746 218-263-5096
Salvation Army Hibbing	4 th Tuesday of the month 1pm until gone	Bakery Table- no reservation needed	107 West Howard Hibbing, MN 55746 218-263-5096
Salvation Army Hibbing	1 st Wednesday of the month 3 rd Thursday of the month 1pm until	Produce- no reservation needed	107 West Howard Hibbing, MN 55746 218-263-5096
Resourceful	24/7 access	Online free community resource guide to help you find free and reduce cost services in your area	www.weareresouceful.org
Minnesota Food Helpline	Monday-Friday 10am-5pm	Online free HelpLine to answer questions about SNAP, to lean about food shelves, free meals, farmers markets pr other resources. Interpreter services are available.	1-888-711-1151 https://www.hungersolutions.org/programs/mn-food-helpline/
St Louis County Public Health and Human Services Department: All of SLC	Apply for all cash and food programs	APPPLY *In Person *Online: MNBenefits.mn.gov *Call local office and have application mailed to you:	Public Health & Human Services Virginia Government Services Center 201 South 3rd Avenue West P.O. Box 1148 Virginia, MN 55792-1148 Phone: (218) 471-7100 or (800) 450-9777 Fax: (218) 742-9503 Public Health & Human Services Hibbing

			Hibbing Annex 1814 14th Av E Hibbing, MN 55746-1300 Phone: (218) 312-8300 or (800) 450-9777 Fax: (218) 262-6049 Public Health & Human Services Ely St Louis County Service Center 320 Miners Dr E Ely, MN 55731 Phone: (218) 365-8220 or (800)450-9777 Fax: (218) 365-8217
WIC	“Am I Eligible for WIC?” DHS Guidelines: https://www.health.state.mn.us/people/wic/eligibility/index.html	APPLY: https://redcap.health.state.mn.us/redcap/surveys/?s=4WCPLJL77MLKRPJ3	Northern St Louis County 218-749-0604
RUBY’S PANTRY	Ruby’s Pantry distributes food at Pop-Up Pantry locations across Minnesota, Wisconsin, Iowa and North Dakota. There is no income or residency requirement and for a \$25 bundle donation you will receive an abundance of groceries.	Anyone is welcome to attend a location. For all of Ruby’s Pantry sites, you can attend the day of the distribution and handle your share donation at the site location. For some of the Ruby's Pantry locations, they offer pre-registration where you can reserve your preferred pickup timeslot the day of the distribution and the number of share(s) you would like to pickup. Express Track Reservation requires the use of a debit/credit card to reserve your shares ahead of time online. On the day of the distribution, the site location will check you in to pick up your shares.	You can attend as many locations each month that work for you. There is no income or residency requirements. Website: https://rubyspantry.org/home
Ruby’s Pantry Iron/Eveleth/Cherry	4th Wednesday of the month Registration begins at 3:15pm Bundles available 3:15-5:30pm	Pop Up Pantry Distribution Center	Clinton Town Hall 8907 Highway 37 Iron, MN 55751
Ruby’s Pantry Silver Bay	3rd Saturday of the month Registration begins at 10:30am	Pop Up Pantry Distribution Center	Vineyard Church 99 Edison Blvd

	Bundles available 10:30am-12pm		Silver Bay, MN 55614
Ruby's Pantry Cook	2 nd Thursday of the month Registration begins at 3:30pm Bundles available 4:30pm-6pm	Pop Up Pantry Distribution Center	Old Cook School East Vermilion Blvd Cook, MN 55723
Ruby's Pantry Grand Rapids	3 rd Monday of the month Registration begins at 3:30pm Bundles available 3:30-5:30pm	Pop Up Pantry Distribution Center	Grand Rapids Armory 930 Northeast 1 st Avenue Grand Rapids, MN 55744
AEOA Senior Dining Many Area Locations	Please see website as availability is plentiful	Dining patrons complete a registration form that certifies eligibility. One spouse must be 60+; register with AEOA; no income guidelines	Website for registration form is: https://forms.aeo.org/Forms/5sN7q 702 3 rd Ave S Virginia, MN 55792 218-735-6899 1-800-662-5711 x-6899
AEOA Meals on Wheels	As available	Eligibility: 60+; unable to drive, homebound by reason of illness or disability and unable to prepare their own meals	AEOA 702 3 rd Ave S Virginia, MN 55792 218-735-6899 1-800-662-5711 x-6899