

FARE FOR ALL

Aitkin: Food will be delivered to Maryhill Manor. Pick up 3:30-4:30 PM the first Wednesday of each month.

Prepay/preorder, contact **Delores Wickham at 218-549-3158.**

McGrath: Food will be delivered to Zion Lutheran Church. Pick up 4-5 PM the 1st WEDS of each month.

Prepay/preorder: **Dixie Danielson at 320-592-3463 or Carol Danielson at 320-592-3712.**

Onamia: EXPRESS SITE No pre-ordering. Pick up at Onamia Vet's Club 3-5 PM the 1st WEDS of each month.

FOOD PACKAGES

\$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.

Special packages available around the holidays! Most of the fixings for a holiday meal, including a turkey in November and a ham in December!

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.



COMMUNITY MEALS

McGregor Community Center
Every 3rd WEDS, 5:00 PM-6 PM

Aitkin's First Lutheran Church
107 2nd Street SE
MONS & THURS: 5:00 PM-5:30 PM

McGrath Zion Lutheran Church
207 1st Street North
Every 3rd THURS, AT 5:00 PM

COUNTYWIDE SERVICES

SNAP

Supplemental Nutrition Assistance Program

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

WIC

Women, Infants, and Children

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

Public Health Education

Aitkin County Health & Human Services

204 1st Street NW

Aitkin, MN 56431

Phone: 218-927-7200

Toll Free: 800-328-3744



REV: 6/1/18 S.A. Durgin



No one should go hungry.

Food Resources in Aitkin County



healthy northland
STATEWIDE HEALTH IMPROVEMENT PROGRAM

This project is funded in part by the Statewide Health Improvement Program.

JUST FOR SENIORS

Nutrition Assistance Program for Seniors (NAPS)

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

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.

Senior Dining

Suggested meal cost \$4.00.

Aitkin Health Services:

11 AM-1 PM

First Lutheran: (for 50+)

Tuesdays 12:00-12:30 PM

Hill Lake Café:

7 AM-2 PM

AREA FOOD SHELVES

Community Food Shelf at First Lutheran Church

2nd and 4th THURS: 9:30 AM-4:45 PM
or by emergency.

107 2nd Street SE
Phone: 218-927-2028

*Can only be used
once per month.*

St. James Catholic Church Food Shelf

TUES: 12 PM-3 PM

299 Red Oak
Phone: 218-927-6581
or 218-927-2745

*Can only be used
once per month.*

Garrison Food Shelf

TUES & THURS: 1 PM-5 PM

9541 Madison Street
Phone: 320-692-5399



**To learn more, determine
eligibility, or register call:**

**AEOA
Senior Nutrition Services
800-662-5711, EXT 7316**

Isle Food Shelf

1st TUES & 4th THURS: 3 PM-5:30 PM
205 1st Avenue North
Phone: 320-676-3795 (Karen)

Hill City Food Shelf at Trinity Lutheran Church

3rd SATS: 8:30 AM-11:30 AM
Lone Avenue NE
Phone: 218-697-8263

Jacobson Food Shelf at Carmel Lutheran Church

1st & 3rd THURS: 4 PM-6 PM
Carmel Lutheran Church
60346 240th Avenue
Phone: 218-426-4799 or
218-426-4712

McGregor Food Shelf

2nd and 4th WEDS: 9 AM-12 PM
92 North Maddy Street
McGregor, MN 55760
Phone: 218-426-3330 (Sharon)

Onamia Food Pantry/ Family Pathways

MON & WEDS: 12 PM-5 PM
TUES & FRI: 10 AM-3PM
502 Main Street
320-532-7665

RUBY'S PANTRIES

Ruby's Pantry holds food distribution in a number of locations. A donation of \$20 + \$1 card processing fee is requested. Most families leave with over \$100 in food.

Distribution Centers:

Brainerd Armory

1115 Wright Street
2nd TUES: 11:00 AM-12:30 PM

Cloquet Armory

801 HWY 335
Cloquet, MN 55720
4th WED: 10 AM-11:30 AM

Cohasset Community Center

305 NW 1st Avenue
Cohasset, MN 55721
3rd TUES: 4:00 PM-5:30 PM

Cromwell Park Pavillion

5577 Cromwell Park Drive
Cromwell, MN 55726
2nd THURS: 10:00 AM-11:30 AM

Hermantown Peace in Christ Lutheran Church

5007 Maple Grove Road
Hermantown, MN 55811
2nd TUES: 5:00 PM-6:30 PM

Onamia

806 West Kathio Street
Onamia, MN 56369
1st MON: 10:30 AM-12 PM