

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**

### **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](http://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

### **COMMUNITY MEALS**

McGregor Community Center  
Every 3rd Wednesday, 5:30-6 PM

Aitkin's First Lutheran Church  
107 2nd Street SE  
Mondays, 5:30-6 PM



Keeping kids healthy,  
birth to 21.



**Public Health**  
Prevent. Promote. Protect.

**Aitkin County  
Health & Human Services**

Public Health  
204 1st Street NW  
Aitkin, MN 56431

Phone: 927-7200 or  
800-328-3744



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

### **NAPS**

#### **Nutrition Assistance Program for Seniors**

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.

**Hill Lake Café: 7 AM-2PM**

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

AEOA Senior Nutrition Services  
**800-662-5711, EXT 7323**

## AREA FOOD SHELVES

### **Aitkin Area Food Shelf**

Wednesdays, 10:30 AM-3 PM

102 4th Street NW

Aitkin, MN 56431

Phone: 218-927-2702

*Aitkin Area Food Shelf Intake form reviewed by staff.*

### **Community Food Shelf**

2nd and 4th Thursdays,

9:30 AM-4:30 PM or by

emergency.

First Lutheran Church

107 2nd Street SE

Aitkin, MN 56431

Phone: 218-927-2028

*Pick up only one time per month.*

### **St. James Catholic Church Food Shelf**

Tuesdays and Thursdays, 12-3 PM

299 Red Oak

Aitkin, MN 56431

Phone: 218-927-6581

or 218-927-2745

*Can only be used twice per month.*

### **Hill City Food Shelf**

Third Saturdays, 8 AM-12 PM

Trinity Lutheran Church

P.O. Box 437

Hill City, MN 55748

Phone: 218-697-8263

### **Jacobson Food Shelf**

1st & 3rd Thursdays, 4-6 PM

Carmel Lutheran Church

60346 240th Avenue

Jacobson, MN 55752

Phone: 218-426-4799 or

218-426-4712

### **McGregor Food Shelf**

2nd and 4th Wednesdays,

9 AM-12 PM

92 North Maddy Street

McGregor, MN 55760

Phone: 218-218-426-3330 (Sharon)

or 218-768-2762 (Judy)

*Can only be used twice per month.*

## OTHER RESOURCES

### **Ruby's Pantry**

Ruby's Pantry holds food distribution in a number of locations, including Brainerd and Duluth. A donation of \$20 is requested. Most families leave with over \$100 in food.

#### **Distribution Centers:**

##### **Brainerd, MN**

Brainerd Armory, 1115 Wright Street

2nd Tuesday of the Month

10:30 AM to 12:30 AM

##### **Duluth, MN**

Coppertop Church

230 E Skyline Parkway

3rd Thursday of the Month

4:30 PM to 7:00 PM

### **FARE FOR ALL**

**Aitkin:** Food packages can be ordered from **Delores Wickham at 218-549-3158** and will be delivered to Maryhill Manor for pickup at 3:30, the first Wednesday of each month.

**McGrath:** Food packages can be ordered from **Kathy Johnson at 320-592-0072** and will be delivered to Zion Lutheran Church for pickup between 4 and 5:30 pm the first Wednesday of each month.

**\$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.