

FARE FOR ALL

Aitkin: Food packages will be delivered to Maryhill Manor for pickup between 3:30 and 4:30 PM the first Wednesday of each month.

For more information, contact
Delores Wickham at 218-549-3158.

McGrath: Food packages will be delivered to Zion Lutheran Church for pickup between 4 and 5 PM the first Wednesday of each month.

For more information, contact
Dixie Danielson at 320-592-3463 or Carol Danielson at 320-592-3712.

\$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!

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



Public Health
Prevent. Promote. Protect.
Aitkin County



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-2 PM

Aitkin Health Services:

11 AM-1 PM

To learn more, determine eligibility, or register call:

AEOA

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

AREA FOOD SHELVES

Aitkin Area Food Shelf

WEDS: 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 THURS: 9:30 AM-4:45 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

TUES: 12 PM-3 PM

299 Red Oak

Aitkin, MN 56431

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

Garrison, MN 56450

Phone: 320-692-5399

Isle Food Shelf

1st TUES & 4th THURS: 3 PM-5:30 PM

205 1st Avenue North

Isle, MN 56342

Phone: 320-676-3795 (Karen)

Hill City Food Shelf

3rd SATS: 8:30 AM-11:30 AM

Trinity Lutheran Church

P.O. Box 437

Hill City, MN 55748

Phone: 218-697-8263

Jacobson Food Shelf

1st & 3rd THURS: 4 PM-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 WEDS: 9 AM-12 PM

92 North Maddy Street

McGregor, MN 55760

Phone: 218-426-3330 (Sharon)

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: 10:30 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: 3:30 PM-5:30 PM

Cromwell Park Pavillion

5577 Cromwell Park Drive

Cromwell, MN 55726

2nd THURS: 9:30 AM-11:30 AM

Hermantown Peace in Christ Lutheran Church

5007 Maple Grove Road

Hermantown, MN 55811

2nd TUES: 4:30 PM-6:30 PM

Onamia

806 West Kathio Street

Onamia, MN 56369

1st MON: 10 AM-12 PM