



Food Resources

Updated: October 27, 2025

Ramsey County Food Resources and Resource Map:

<https://www.ramseycountymn.gov/residents/assistance-support/assistance/food-resources>

- Includes food resource map (recently updated by Public Health), guides, posters in multiple languages, etc.

RCCMHC Bulletin Board: <https://www.rccmhc.org/community-bulletin-board>

- Scroll right to find section on Food

Pantry / Grocery resources available in the community:

Today's Harvest: <https://todaysharvestmn.org/>

Free grocery market – locations:

8264 4th Street North, Oakdale 55128

1740 Van Dyke St, Maplewood 55109

Hours: Mon – Fri 12pm to 6pm; Sat 10am – 1pm

Fruit of the Vine St. Paul: <https://vcsmn.org/services/>

1280 Arcade Street, St. Paul 55106

Hours: Tues 3pm – 6pm; Fri 11am – 1pm for crisis appointment orders' Sat 9am – 12pm

Neighborhood House: <https://neighborhoodhousemn.org/programs/food-support/food-markets/>

Neighborhood House on Montreal Food Market: No appointment needed

1080 Montreal Ave, St. Paul 55116

Phone for info: (651) 789-3600

Hours: Mon – Wed 9am – 11:30am and 1pm – 4pm

Wellstone Center Food Market: **Appointment Required**

179 Robie Street, St. Paul 55107

Phone for info: (651) 789-3630

Hours: Tues – Fri 9:30am – 11:30am and 1pm – 4pm



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Ruby's Pantry: <https://www.rubyspantry.org/>

Pop-up pantry – cost \$25

Check website for locations as they change; <https://www.rubyspantry.org/find-location>

No income or residency requirements

The Food Group / Fare For All: <https://www.thefoodgroupmn.org/groceries/fare-for-all/>

Pop-up grocery stores – Bundles cost \$10 - \$30

Check website for locations, dates, and times:

<https://www.thefoodgroupmn.org/groceries/twin-cities-mobile-market/markets/>

No income requirements

Meals on Wheels: <https://meals-on-wheels.com/>

Free food delivery – must live in delivery area. Check if you live in a delivery area and sign up to get meals here: <https://orders.meals-on-wheels.com/>

Ralph Reeder Food Shelf: <https://communityed.mvpschools.org/food/ralph-reeder>

NOTE: This food shelf is located in Mounds View and “primarily serve[s] school district families in need and food insecure individuals living in the communities of New Brighton, Mounds View, Shoreview, North Oaks, Arden Hills, Northern Roseville, and a small section of Vadnais Heights.”

How to Set Up an Appointment

- By phone: [651-621-6280](tel:651-621-6280) (Español - [651-621-6284](tel:651-621-6284))
- [Online appointment request form - English](#)
- [Online appointment request form - Español](#)

Manna Market: <https://mannamarketmn.org/>

NOTE: Not in Ramsey County

8299 Central Ave NE Spring Lake Park, MN 55432

Distribution Days:



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- Mondays and Thursdays, 4-6 p.m. (registration begins at 3 p.m.)
- Saturdays, 10 a.m. – 12 p.m. (registration begins at 9 a.m.)

Hope for the Community: <https://hopeforthecommunity.com/>

NOTE: Not in Ramsey County (Locations in Twin Cities: Minneapolis, Coon Rapids, Blaine, Bloomington, and Anoka)

Meals offered in the community:

Open Hands Midway: <https://www.openhandsmidway.org/programs>

Every Monday from 12:00 pm until 2:00 pm (excluding major holidays), Open Hands Midway offers a FREE, HOT meal, fresh produce and bakery items.

Every Wednesday from 12pm – 2pm (excluding major holidays), Open Hands Midway offers a FREE bagged lunch, produce, and bakery items. Encouraged to bring your own bag in case they run out.

Calendar link:

<https://calendar.google.com/calendar/u/0/embed?src=openhands436@gmail.com&tz=America/Chicago>

Loaves and Fishes: <https://www.loavesandfishesmn.org/>

Free meals – multiple times and locations in the Twin Cities – see website for locations close to you

Shobi's Table: <https://shobistable.org/>

Pay-as-you-can Mobile Café and Community

Serving lunch 12pm – 1pm Tuesdays at different locations in St. Paul – see website