Simply Good Eating

Need a Better Food Budget?
Call the Minnesota Food Helpline
1-888-711-1151
The Food Helpline is Minnesota’s Food Support hotline. We offer Food Support (SNAP) eligibility screening and application assistance.

For more resources on health and human services information call
United Way 2-1-1
Call 2-1-1 or 1-800-543-7709
24 hours, 7 days a week or go to:
www.211unitedway.org

Senior LinkAge Line®
1-800-333-2433

What do we do?
• Provide tips and information on food buying, budgeting, and planning and fixing better meals.
• Offer flexible meeting times.
• Will meet with you at a location convenient to you.
• Provide fun, hands on lessons.
• Free service for people of all ages with limited income.

For more information contact
Mary Flynn or JoDee Christianson
Stearns County Community Nutrition Educators
320-255-6169 or 1-800-450-6171
or Sue Fibranz
Benton County Community Nutrition Educator
320-968-5077 or 1-800-964-4929

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REV 8/13

Sunday Community Meals
Lunch is served every Sunday at 1:00 p.m.
at Place of Hope
511 9th Avenue N., St. Cloud
Lunch is served 2nd and 4th Sundays from
12:00 noon - 1:00 p.m.
at Salem Lutheran
90 Riverside Dr. SE, St. Cloud
Lunch is served 3rd Sunday from
12:00 noon - 1:00 p.m.
at St. Augustine’s
443 2nd Street SE, St. Cloud
Dinner is served the last Sunday of
every month from 5:00 p.m. - 6:00 p.m.
at St. Mary’s Cathedral
823 1st St. S., St. Cloud

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Food Resources in the
St. Cloud Area &
Benton County

Community Meals
Salvation Army 252-4552
400 Hwy 10 S., St. Cloud
Monday – Friday, 11:30 a.m. - 12:45 p.m.
Place of Hope - 203-7881
511 9th Avenue N., St. Cloud
7 days a week from 5:00 p.m. - 5:45 p.m.
Crossroads Church - 320-230-5301
710 Sundial Drive, Waite Park
Tuesdays 5:00 p.m. - 6:00 p.m.

Saturday Community Meals
Served 11:30 a.m. - 12:45 p.m.
1st Saturday: St. Paul’s Catholic Church
1125 North 11th Avenue, St. Cloud
2nd Saturday: Newman Center
396 1st Avenue, St. Cloud
3rd Saturday: First Presbyterian and First Methodist
302 South 5th Avenue South, St. Cloud
4th Saturday: Hope Covenant and Bethlehem Lutheran
336 South 4th Avenue, St. Cloud
5th Saturday: St. Paul’s Catholic Church
1125 North 11th Avenue, St. Cloud

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REV 8/13
Women, Infants & Children (WIC)
Supplemental Foods, Nutrition Education and Health Care Referrals. WIC serves pregnant, breastfeeding and postpartum women; and children from birth to 5 years of age.
Supplemental foods include: fruits and vegetables, infant formula, cereal and jarred baby food; milk, eggs, cheese, cereal, juice, peanut butter, whole grain breads, tortillas, rice and oatmeal.

For online applications, go to: www.co.stearns.mn.us/adultsfamilies/infantandchildservices/wicprogram

SNAP
(Supplemental Nutrition Assistance Program)
Benton County Human Services
Benton County Courthouse
531 Dewey St, PO Box 740, Foley
Phone: 320-968-5087
Hours: 8:00 a.m. - 4:30 p.m., Monday - Friday

Sherburne County Social Services
Sherburne County Government Center
13880 Hwy. 10, Elk River
Phone: 1-800-433-5239 or 763-241-2600
Hours: 8:00 a.m. - 4:30 p.m., Monday - Friday

Stearns County Human Services
Administration Center, 705 Courthouse Sq., 2nd Floor, St. Cloud
Phone: 1-800-450-3663 or 320-656-6000
Hours: 8:00 a.m. - 4:30 p.m., Monday - Friday

Food Shelves
Catholic Charities Food Shelf
157 Roosevelt Rd., Suite 100, St. Cloud
Phone: 320-229-4560 (direct)
Hours: Mon: 9:00 a.m. - 6:00 p.m
Wed: 9:00 a.m. - 7:00 p.m
Fri: 9:00 a.m. - 12:00 noon
Seniors only: 2nd & 4th Tues of each month from 1:00 - 3:00 p.m.

Cross Center
150 4th Ave. N., Foley
Phone: 320-968-7901
Hours: 1:00-4:00 & 6:00-8:00 p.m. Mon
10:00 a.m. - 3:00 p.m. Thurs.

Crossroads Church
710 Sundial Drive, Waite Park
Phone: 320-230-5301
Hours: 5:00 p.m. - 6:00 p.m. Tuesdays

Rice Area Food Shelf
Old Village City Hall, Rice
Phone: 320-393-2915 or 320-393-4441
Hours: 3:00-5:30 p.m. Thurs the 1st full week of the month.

Salvation Army Food Shelf
400 Hwy 10 S., St. Cloud
Phone: 320-252-4552
Hours: 9:00-11.00 a.m. & 1:00 - 4:00 p.m. Mon-Fri

Commodity Supplemental Food Program (CSFP)
MAC (Mothers & Children Program)
NAPS (Nutrition Assistance Program for Seniors)

MAC is a free monthly food program for children aged 5 to 6 years and non-breastfeeding women who are between 6 and 12 months postpartum.
NAPS is a free monthly food program for low income seniors 60 years or older who provide their own food.
To qualify for MAC or NAPS you must:
- Meet income guidelines
- Live in Minnesota, provide proof of residency
- Provide proof of age
What foods does MAC and NAPS distribute?
- Canned fruits, vegetables and juice
- Shelf stable low fat milk, dry milk and lowfat American cheese
- Canned meat, dry beans or peanut butter
- Cereal and rice or pasta

CSFP is sponsored by:
Second Harvest Heartland
FOR MORE INFORMATION CALL: 1-800-365-0270

Fare For All
Monthly food packages of meats, fruits, vegetables & staple items at a savings of about 30-50%
Prices vary by package
The program is open to everyone
Accepts cash, EBT, check or credit/debit
www.fareforall.org
For locations and to sign up Call 1-800-582-4291 or 763-450-3880

Grocery Shopping
The following agencies match volunteers with the elderly or people with disabilities who need grocery shopping assistance. If you need assistance or would like to volunteer to assist others, please call one of these offices:

- Great River Area Faith in Action
  Phone: 320-258-8678
- Rural Stearns Faith in Action
  Phone: 320-885-3693 or 800-549-5855
- Foley Area CARE
  Phone: 320-968-7848

Catholic Charities Senior Dining
- Eligibility: 60+ and spouse along with a completed yearly registration form
- Suggested Contribution: $3.50-$7.00
- Meals served at noon Monday-Friday unless otherwise indicated

Foley*
Dewey Place Apartments, 455 Dewey St.
Phone: 320-968-6721

Rice*
Pick up tickets at Pine’s Edge Grocery for dining at Twin Pines Restaurant located at 1490 110th St. NW
Phone: 320-393-7125
Serving: Daily 6 a.m. – 9:00 p.m.

Sartell
David F. Day Apt. Bldg., 1221 22nd St. So.
Phone: 320-257-0744

St. Cloud
Whitney Senior Center, 1527 Northway Dr.
Phone: 320-650-3068
Serving: 11:00 a.m. - 12:30 p.m.

*Meals on Wheels also available at these locations
Call locations for more information