

Saint Paul Food Resources

Due to COVID-19 Second Harvest Heartland recommends calling each site to confirm availability in the event of short notice change



Food Pantries

Salvation Army Citadel

401 W 7th St, St Paul, MN 55102
Hours: Mondays and Wednesdays 9am - 11am, Tuesdays and Thursdays 1pm - 3pm
Phone: (651) 224-4316
Visit their [website](#) for more information

Nourish Food Shelf

Mount Olivet Missionary Baptist Church

451 Central Ave W, St Paul, MN, 55103
Hours: Thursdays 10am - 12pm
Phone: (651) 227-4444 ext 111
Visit their [website](#) for more information

The Sanneh Foundation

Cash Money Ryders

609 Dale St N, St Paul, MN, 55103
Hours: Thursdays 1- 2pm
Email for more information:
nutritionalservices@thesannehfoundation.org
Visit their [website](#) for more information

Keystone Community Services

Midway

1916 University Avenue West, St Paul, MN 55104
Hours: Monday-Friday 10am - 12pm AND 1:30 - 3:30pm (Exception: Wednesdays are 10am -12pm & 5pm-7pm)
Phone: (651) 917-3792
Visit www.keystoneservices.org/ for more information

Hallie Q Brown Food Shelf

Hallie Q Brown Community Center

270 N. Kent Street St. Paul, MN 55102
*call for appointment
Hours: Monday-Friday 9am - 5pm
Phone: (651) 224-4607
Visit their [website](#) for more information

FOCUS House

550 Rice St, St Paul, MN 55103
Hours: 3rd Saturdays 10am - 11:30am
Phone: (651) 222-0712
Visit <https://www.focusmn.org/> for more information

iHELP Market Square

City of Reconciliation Church

900 Dale St N, St. Paul, MN 55103
Hours: Tuesdays and Thursdays 2pm - 4pm
Phone: (651) 488-4463
Visit their www.ihelpmarketsquare.com for more information

Food and Wellness

Zion Lutheran church

1697 Lafond Ave, St Paul, MN 55104
Hours: Thursdays 1pm - 3pm
Phone: (651) 645-0851
Visit www.zlcmidway.org/services for more information

Food Pantries (cont'd)

Frogtown Food Resource

St Stephanus Lutheran Church

739 Lafond Ave, St Paul, MN 55104

Hours: 3rd Thursday of the month 4pm - 6pm

Phone: (651) 228-1486

Visit their [website](#) for more information

NorthStar Health Community Food Shelf

NorthStar Health Center

995 University Ave, #B08, St. Paul, MN 55104

Hours: By appointment only on Wednesdays

5pm - 7pm AND Saturdays 10am - 12pm

Phone: (651) 243-0472

Visit their www.nshmn.org/cfs for more information

River of Life Food Pantry

River of Life Christian Church

739 Summit Ave, St. Paul, MN 55105

Hours: Every 3rd Saturday 11am - 1pm

Phone: (651) 290-2348

Visit their [website](#) for more information

Canasta Familiar

CLUES Food Distribution

797 E 7th St, St. Paul, MN 55106

Hours: Monday 3pm - 5pm

Phone: (651) 379-4256

Visit their [website](#) for more information

Fishes and Loaves Food Shelf

Progressive Baptist Church

1505 Burns Ave, St. Paul, MN 55106

Hours: Saturdays 10:30am - 12pm

Phone: (651) 888-6011

Visit their [website](#) for more information

Feeding Frogtown

West Minnehaha Recreation Center

685 W Minnehaha Ave, St Paul, MN 55104

Hours: 1st and 3rd Friday 3pm - 6pm

Phone: (651) 236-8699

Visit www.frogtownmn.org for more information

The Sanneh Foundation

Hancock Recreation Center

1610 Hubbard Ave, St Paul, MN, 55104

Hours: Wednesdays 12pm - 2pm

Email for more information:

nutritionalservices@thesannehfoundation.org

Visit their [website](#) for more information

Fruit of the Vine

First Covenant Church

1280 Arcade St, St. Paul, MN 55106

Hours: Saturdays 9am - 12pm

Phone: (952) 595-5980

Visit www.vcsmn.org for more information

Merrick Food Shelf

Gustavus Adolphus

1669 Arcade St, St. Paul, MN 55106

Hours: Monday-Thursday 8am - 5:30pm

Phone: (651) 771-9339

Visit their [website](#) for more information

Family Values Food Distribution

First Covenant Church

1280 Arcade St, St. Paul, MN 55106

Hours: Tuesdays, call for hours

Phone: (651) 774-6663

Visit their www.fvflmn.org/ for more information

Food Pantries (cont'd)

Wellstone Center Food Market

179 E Robie Street, St. Paul, MN 55107
Hours: Monday-Friday 9am - 11:30am and
1pm - 3:30pm
Phone: (651) 789-3630
Visit their [website](#) for more information

Restoration Chapel Food Shelf

The Redeemed Christian Church of God
1535 Como Ave, St Paul, MN 55108
Hours: Call for hours
Phone: (651) 398-1045
Visit their [website](#) for more information

Masjid At Taqua Food Shelf

Masjid At-Taqua
1608 Como Ave, St Paul, MN, 55108
Hours: 3rd Saturdays, 12pm - 1pm
Phone: (651) 292-9675
Visit their [website](#) for more information

Francis Basket Food Market

Sibley Manor
1293 Maynard Dr E, #410, St. Paul, MN, 55116
Hours: Mondays, Tuesdays and Fridays
9am- 11:30am, Tuesdays and Fridays also
open 1pm - 3:30pm
Phone: (651) 699-0986
Visit their [website](#) for more information

Nourish Food Shelf

Rice Street
1457 Rice Street, #3, St. Paul, MN 55117
Hours: Monday-Friday 10am -12pm AND
1:30 - 3:30pm (Exception: Wednesdays are
10am - 12pm & 5pm - 7pm)
Phone: (651) 487-2792

The Sanneh Foundation

Conway Community Center
2090 Conway St, St Paul, MN 55119
Hours: Tuesdays 3pm - 5pm
Email for more information:
nutritionalservices@thesannehfoundation.org
Visit their [website](#) for more information

Salvation Army East Side

1019 Payne Ave, St Paul, MN 55130
Hours: Tuesdays and Thursdays 9am - 11am
and 1pm - 3pm
Phone: (651) 776-8169
Visit their [website](#) for more information

Saint Paul Food Resources

Prepared/Community Meals

St Matthews Catholic Church

510 Hall Ave, St. Paul, MN 55107

Hours: Monday-Friday 5pm - 6pm

No meal service on Fridays during Lent

Email: stmatthews@loavesandfishesmn.org

Visit their [website](#) for more information

Feeding Frogtown

501 Dale Street N, St. Paul, MN 55103

Hours: Tuesdays 2:30pm - 5:30pm

Phone: (651) 236-8699

Visit www.frogtownmn.org for more information

Salvation Army Eastside

1019 Payne Ave, St Paul, MN 55130

Hours: Mondays, Tuesdays, Thursdays, and

Fridays 11:45pm - 12:45pm

Phone: (651) 776-8169

Visit their [website](#) for more information

Salvation Army Citadel

401 W 7th St, St Paul, MN 55102

Hours: Wednesdays 5:30pm -6:30pm

Phone: (651) 224-4316

Visit their [website](#) for more information

Our Redeemer Lutheran Church

1390 Larpenteur Ave, St. Paul, MN 55109

Hours: Wednesdays 5:30pm - 6:30pm

Email: office@orlcmn.org

Visit their [website](#) for more information



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Remember to check resources in your surrounding counties - to find out more, call the HelpLine at 1-888-711-1151 or go to <https://www.hungersolutions.org/find-help>