

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

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: 612-803-1839

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.