

## ***East Metro Food Resources – December 2025***

**Call 211 for Help (United Way)** - <https://www.211.org>

**St. Pascal Baylon Catholic Church (Merrick Community Services)** - 4th Monday of each month, 3:30 - 5:00 pm at Door 4  
1757 Conway St, St. Paul, MN 55106, 651-774-1585  
<https://www.stpascals.org>

**Open Cupboard/Today's Harvest** - Shopping Hours: Monday-Friday: 12pm to 6pm, Saturday: 10am to 1pm, Sunday: Closed  
8264 4<sup>th</sup> Street North, Oakdale, MN 55128, 651-233-1296  
1740 Van Dyke Street, Maplewood, MN, 55109  
<https://opencupboard.org/>  
<https://todaysharvestmn.org/>

**Keystone Community Services**  
1800 University Ave W, Saint Paul, MN 55104, 651-917-3792  
<https://keystoneservices.org/food-shelf/>  
Monday: 10:00am - 12:00pm & 2:00 - 4:00pm  
Tuesday: 10:00am - 12:00pm & 2:00 – 4:00pm  
Wednesday: 11:00am - 1:00 pm & 4:00 - 6:00pm  
Thursday: 10:00am - 12:00pm & 2:00 - 4:00pm  
Friday: 10:00am – 12:00pm & 2:00 – 4:00pm

**Fishes & Loaves** (Progressive Baptist Church) - Saturdays from 10:30 a.m. to 12 noon  
1505 Burns Ave., St. Paul, MN 55106, (651) 888-1101  
<https://pbcmn.org/food-shelf/>

**Merrick Community Services** - Drive Through Only: Monday 3-5pm, Tuesday 10am-Noon, Wednesday 10am-Noon  
1669 Arcade St., Door 3, St. Paul, MN 55106, (651) 287-2088  
<https://merrickcs.org/community-services/food/>

**Salvation Army – East Side**  
1019 Payne Ave., St. Paul, MN 55130, 651-776-8169

- Daily Hot Lunch over the lunch hour Monday, Tuesday, Thursday, and Friday from 11:45am to 12:45pm
- Rescue Food distribution is on Friday from 10:00am to 11:00am.

<https://centralusa.salvationarmy.org/northern/EastStPaul/cure-hunger/>

**Salvation Army - Maplewood** - Food Shelf is M-Th 10am - 2pm  
2080 Woodlyn Ave, Maplewood, MN 55109, 651-779-9177

**Salvation Army - 7th Street**  
401 7th Street West, St. Paul MN 55102, 651-224-4316  
<https://www.salvationarmyusa.org/mn/saint-paul/west-7th-street-corps/>

**The Sanneh Foundation** – food distribution at Conway Recreation Center (Tuesdays)  
2090 Conway St. St. Paul, MN 55119  
<https://thesannehfoundation.org/nutritional-services/>

**Neighborhood House**  
179 Robie Street East, Saint Paul, MN 55107  
Food Support: (651) 789-3630  
Food Market: (651) 789-3630  
<https://neighborhoodhousemn.org/programs/food-support/>

**North St. Paul Food Shelf** - Appointment Times are 10:30 am - 12:30 pm on Monday, Tuesday, Wednesday\*, Thursday & Friday  
2266 2<sup>nd</sup> St. N, North St. Paul, MN 55109, 651-770-1309  
<https://www.nspafoodshelf.org/visit>

**St. Andrew's Community Resource Center** - Food Market & other resources open from 9am–3pm, Monday–Thursday.  
900 Stillwater Road, Mahtomedi, MN 55115  
<https://saintandrews.org/community-resource-center>

**Valley Outreach Food Shelf**  
1901 Curve Crest Boulevard West, Stillwater, MN 55082  
<https://valleyoutreachmn.org/food-shelf/>  
Service Hours  
Monday: 9:30 – 12:30 p.m.  
Tuesday: 1:30 – 6:30 p.m.  
Thursday: 1:30 – 6:30 p.m.  
Friday: 9:30 a.m. – 12:30 p.m.

**Friends in Need Food Shelf**  
535 4<sup>th</sup> Street, St. Paul Park, MN 55071, 651-458-0730  
<https://www.finfood.org/>  
Call to Schedule an Appointment on Monday — between 12pm - 3pm or Tuesday — between 7:30am - 4pm

**Hallie Q. Brown/MLK Center Community Food Shelf** - Call for appointment.  
Afternoon appointments only.  
270 North Kent Street, St. Paul, MN 55102, 651-224-4506  
<https://www.hallieqbrown.org/site/index.php/basic-needs/>

**Mount Olivet Lab School Nourish Food Shelf** - 10 am - 12 pm SAT, 12:30 pm - 1 pm SUN, Office: 9 am - 4 pm TUES & THURS  
451 Central Avenue West, Saint Paul, MN 55103, (612) 440-7768, (651) 755-8230  
<https://www.mtolivetlabschool.org/>

**Basic Needs Food Market**  
8457 East Point Douglas Road, Suite 106, Cottage Grove, MN 55016, 612-489-6192  
<https://www.basicneedsmn.org/food-market>

**Facebook Resources**  
[Twin Cities Free Food Events and Resources](#)  
[Free Food and Giveaways from Your Local Communities](#)

**Minnesota Food Helpline/Hunger Solutions MN** – resources near you (multilingual resources available)  
<https://www.hungersolutions.org/find-help>

**Ramsey County Food Resources** - <https://www.ramseycountymn.gov/residents/assistance-support/assistance/food-resources>

**Washington County Food Resources** -  
<https://www.washingtoncountymn.gov/BusinessDirectoryii.aspx?ysnShowAll=0&lngNewPage=0&txtLetter=&txtZipCode=&txtCity=&txtState=&txtBusinessName=&lngBusinessCategoryID=3&txtCustomField1=&txtCustomField2=&txtCustomField3=&txtCustomField4=&txtAreaCode=>