

East Metro Food Resources – October 2025

Open Cupboard

8264 4th Street North, Oakdale, MN 55128, 651-233-1296

1740 Van Dyke Street, Maplewood, MN, 55109

<https://opencupboard.org/>

Shopping Hours: Monday-Friday: 12pm to 6pm, Saturday: 10am to 1pm, Sunday: Closed

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)

1505 Burns Ave., St. Paul, MN 55106

<https://pbcmn.org/food-shelf/>

Saturdays from 10:30 a.m. to 12 noon, weather permitting. The Food Shelf will be closed on Thanksgiving, Labor Day, Christmas, and New Year holiday weekends.

For Information Contact: (651) 888-1101

Merrick Community Services - <https://merrickcs.org/community-services/food/>

1669 Arcade St., Door 3, St. Paul, MN 55106, (651) 287-2088

Drive Through Only: Monday 3-5pm, Tuesday 10am-Noon, Wednesday 10am-Noon

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

2080 Woodlyn Ave, Maplewood, MN 55109, 651-779-9177

Food Shelf is M-Th 10am - 2pm

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/>

North St. Paul Food Shelf

2266 2nd St. N, North St. Paul, MN 55109, 651-770-1309

<https://www.nspafoodshelf.org/visit>

- Appointment Times are 10:30 am - 12:30 pm on Monday, Tuesday, Wednesday*, Thursday & Friday
*Wednesdays appointments are limited to Emergency Foods
- We do accept same day appointments for emergencies. If there is an urgent need, limited / designated food is available five days weekly (Monday - Friday) from 10:30 am to 1:00 pm all year long.

The Sanneh Foundation – food distribution at Conway Recreation Center (Tuesdays)

2090 Conway St. St. Paul, MN 55119

<https://thesannehfoundation.org/nutritional-services/>

St. Andrew's Community Resource Center

900 Stillwater Road, Mahtomedi, MN 55115

<https://saintandrews.org/community-resource-center>

Intake, Food Market, Clothesline, and other resources are open from 9am–3pm, Monday–Thursday.

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 4th Street, St. Paul Park, MN 55071

<https://www.finfood.org/>

Call to Schedule an Appointment

- Monday — between 12pm - 3pm
- Tuesday — between 7:30am - 4pm

 Call: 651-458-0730

If English is not your first language: Appointments are available Monday 12–3pm or Tuesday 7:30am-4pm

Hallie Q. Brown/MLK Center Community Food Shelf

270 North Kent Street, St. Paul, MN 55102

Afternoon appointments only. Please call (651) 224-4606.

<https://www.hallieqbrown.org/site/index.php/basic-needs/>

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=>