

East Metro Food Resources – June 2026
[Link to this document at St. Pascal's website](#)

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 4th Street North, Oakdale, MN 55128, 651-233-1296
1740 Van Dyke Street, Maplewood, MN, 55109
<https://opencupboard.org/> and <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 (DOOR 3): 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/>

Twin Cities Mobile Market Sales (Pop-up food in the community) -

- Parkway Gardens Senior Apartment Community, 1145 Hudson Rd, St Paul 55106 - Wednesdays, 11:55am - 12:55pm
- Edgerton High Rise, 1000 Edgerton St, St Paul 55130, - Thursdays, 2:05 - 3:05 pm
- Fairview's Rice Street Clinic, 980 Rice Street, Saint Paul - Wednesdays, 2:05-3:05 pm
- Front Hi-Rise, 727 Front Ave, St. Paul - Thursdays, 11:55am - 12:55pm
- Valley Hi-Rise, 261 University Ave E, St. Paul - Thursdays, 10:30 - 11:30 am
- Iowa Hi-Rise, 1743 Iowa Ave E, St. Paul - Tuesdays, 10:30 - 11:30 am
- Other locations around the area (interactive map) - [Twin Cities Mobile Market Schedule](#)

Salvation Army – East Side

1019 Payne Ave., St. Paul, MN 55130, 651-776-8169, <https://centralusa.salvationarmy.org/northern/EastStPaul/cure-hunger/>

- 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.

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

Every Other Tuesday • 3 - 5pm • 6/30, 7/14, 7/28, 8/11, 8/25, 9/8, 9/22, 10/6, 10/20
2090 Conway St. St. Paul, MN 55119, <https://www.thesannehfoundation.org/programs/nutritional-services>

Neighborhood House

179 Robie Street East, Saint Paul, MN 5510, <https://neighborhoodhousemn.org/programs/food-support/>
Food Support: (651) 789-3630
Food Market: (651) 789-3630

North St. Paul Food Shelf - Appointment Times are 10:30 am - 12:30 pm on Monday, Tuesday, Wednesday (emergency food only), Thursday, and Friday - call 651-770-1309 for appointment
2266 2nd St. N, North St. Paul, MN 55109, <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 (Appointment Only) - <https://valleyoutreachmn.org/schedule-appointment/>
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/> and [Non-English appointment link](#)
Call 651-458-0730 to schedule appointment for Monday (12pm - 3pm), Tuesday (7:30am - 4pm), Wednesday (5:30 - 6:15pm)

Hallie Q. Brown/MLK Center Community Food Shelf - Call 651-224-4506 for an appointment or use the food request form.
270 North Kent Street, St. Paul, MN 55102, <https://www.hallieqbrown.org/#foodshelf>

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>, <https://www.basicneedsmn.org/food-market>
Food Market Hours : Monday, Tuesday, Thursday & Friday 10:30am - 3pm, Wednesday 10:30am-5:30pm

Summer Free Meals for St. Paul Youth at These Five St. Paul Recreation/Community Centers

Arlington Hills Community Center, 1200 Payne Ave, 651-266-6384, M-F Snack 1-2:30 pm, M-Th Supper M-Th (4:30-5pm)
North End Community Center/Rice, 145 Lawson Ave W, 651-558-2392, M-F 1-1:30, M-Th 4:30 - 5 pm
Palace Community Center, 781 Palace Ave, 651-298-5677 M - F Snack 12:30 -1:30 and Supper 4-5pm
McDonough Recreation Center, 1544 TimberlakeRd, 651-558-2171 M-F Snack 3-4 pm and M-Th Supper 5-6 pm
El Rio Vista/Neighborhood House, 179 E. Robie St, 651-789-3692 , M - F: Snack 1-1:30 and Supper 4:30-5pm
Dayton's Bluff Recreation Center, 800 Conway St, 651-793-3885 M-F Snack 1-2 pm and Supper M-Th 4-5pm

[Link](#) for Other Sites for Free Summer Meals Partnership with St Paul Public Schools

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=>