

## Food Assistance Programs

### Backpack Food Program

Serves All ISD77 Schools, Blue Earth County Elementary Schools, & Middle Schools in St. Clair, Mapleton, & Lake Crystal. Each pack supplies breakfast, lunch, and snacks for weekends and school breaks during the school year.

Contact: 507-720-8511,

Website: <http://www.feedingourcommunitiespartners.org/backpack-food-program.html>

### Campus Cupboard

Food shelf designed by students for students to alleviate temporary food insecurity that many college students occasionally experience. Mankato college students may choose one bag of food, once each week. Student ID required. Schedule a time to pick up groceries and personal care items.

Lower level of the Cross Roads Campus Ministry, 331 Dillion Ave. Mankato, MN, 56001 (located next to the Performing Arts Building and across from Trafton Hall on campus)

Contact: 507-625-6779

Website: <https://www.facebook.com/campuscupboard/>

### Campus Kitchen

A food rescue organization that provides meals to those served by the Welcome Inn, Theresa House, ECHO Food Shelf, and households referred by Blue Earth County Social Services.

Lower level of the Cross Roads Campus Ministry, 331 Dillion Ave. Mankato, MN, 56001 (located next to the Performing Arts Building and across from Trafton Hall on campus)

Contact: 507-389-6076

Website: <https://www.mnsu.edu/activities/kitchen/clients.html>

### ECHO Food Shelf

Serves Blue Earth County and North Mankato residents. To register for assistance, attend in person and bring proof of identity (driver's license or photo id). Once registered you can make an appointment to use the shelf and choose your items (similar to a grocery store). Each household can visit 12 times per year (July 1-June 30) for standard food assistance, plus once/week for ECHO Extras (fresh produce & baked goods). Walk-ins always welcome.

1014 S Front Street, Mankato, MN 56001

Contact: 507-345-7508,

Website: <https://www.echofoodshelf.org/>

### **Fare for All**

Serves Everyone. Cooperative model save 40% or more on groceries. Purchase discounted meats, veggies, and general grocery packages. Sales are held once/month at New Creation Church, 1124 N. River Drive, Mankato.

Contact: 763-450-3880, or email: [info@fareforall.org](mailto:info@fareforall.org),

Website: <https://fareforall.org/find-a-site/>

### **Food for All/PACT Ministries**

Food for All is a food program that is funded by the proceeds from the Neighborhood Thrift Store. Everyone is welcome to attend with no paperwork necessary. Held on the second Saturday of each month at Goodrich Construction, 1700 3rd Ave., Mankato, MN. It begins at 9:00am and you are welcome to arrive at 8:30am to line up early. The cost is \$5 cash per family and you will need to bring a basket, box or tote to carry your food. Volunteers available to help carry the food to your vehicle upon request.

Website: <https://www.neighborhoodthriftstoremankato.com/food-for-all/>

### **Holy Grounds**

Centenary United Methodist Church hosts a free breakfast Monday through Saturday. Open from 8:30-11AM during the months of October through April and 9:00-11AM during the months of May through September. Free Wi-Fi, newspaper, and computer access, Assistance with community resources, showers, and basic needs related to winter gear, toiletries, and some clothing also available.

Located at 501 S. 2<sup>nd</sup> Street, Mankato.

Contact: 507-225-6370

Website: <https://www.mankatoholygrounds.org/>

### **Homestyle Direct**

Ready-to-eat meals are shipped frozen directly to the customer's doorstep via UPS. Their nutritional options include: low-calorie, low-fat, carb-controlled, gluten-restricted, sodium-controlled and renal options. Accepts Medicaid waiver and private pay.

Contact: 1-866-735-0921 or visit

website: <https://www.homestyledirect.com/>

### **Hot Meals on Wheels – VINE**

Serves Mankato, North Mankato, Skyline, Le Hillier, Eagle Lake (no age or income requirements). Delivers a nutritious, low-cost, noon meal each weekday to those who find it difficult to shop or prepare their meals.

Contact 507-387-4076,

Website: <https://vinevolunteers.com/services/hot-meals-on-wheels/>

### **Hunger Solutions Searchable Help Map**

Website: <http://www.hungersolutions.org/find-help/>

Enter zip code to search for food assistance programs near you.

**Le Sueur Food Shelf**

Serves residents of Le Sueur and surrounding area. Hours: Tuesdays & Thursdays 2-3:30 Provides food supplies to families and individuals who are in an emergency situation because of a temporary financial crisis. 427 South 5th Street, Le Sueur, MN 56058 Contact: 507-665-6441, Website: <https://www.facebook.com/feedingLeSueur/>

**Maple River Loaves & Fishes**

Serves Good Thunder, Amboy, Mapleton, & Beauford. Open Tuesdays 3-6PM and Saturdays 10AM-12PM. Contact: 507-524-3046, Website: <https://bit.ly/2WD7wnA>

**Maverick Food Pantry**

On-campus food pantry available to all students of Minnesota State University – Mankato. Students are allowed to visit the pantry once per week  
Carkoski Commons 142, Mankato, MN, 56001  
Hours: subject to change each semester, please check website for updates  
Contact: 507-389-1557 or [foodpantry@mnsu.edu](mailto:foodpantry@mnsu.edu)  
Website: <https://www.mnsu.edu/university-life/campus-services/maverick-food-pantry/>

**Meals on Wheels/Senior Dining – Lutheran Social Service**

Serves Region 9 including Blue Earth & Nicollet County Seniors age 60+. Delivers hot meals and offers community dining sites. Menu in Home Magazine, regular diet and low salt menus available  
Contact: 507-625-8970.  
Website: <https://www.lssmn.org/services/older-adults/lss-meals>

**Minnesota Food Assistance Program (MFAP) - MFAP**

MFAP provides food assistance to non-citizens 50 years of age or older who do not qualify for the SNAP Program or the food portion of MFIP. To request an application you can call our office at (507) 304-4335, or stop in our office at 410 S. 5th Street in Mankato, or apply online. The date we receive your application affects the date your benefits will start, so it's important to turn it in as soon as possible.  
Nicollet County: Call 507-934-8559,  
Website: <https://bit.ly/2WxtsjM>

**Minnesota Food Helpline**

With one call the Minnesota Food Helpline assesses the caller's situation and provide solutions to their food needs. If you or someone you know is struggling to put food on the table, give us a call at 1-888-711-1151.  
Helpline Hours: Monday-Friday 8:30 a.m. to 4:30 p.m.  
Website: <http://www.hungersolutions.org/programs/mn-food-helpline/>

### **Mom's Meals NourishCare**

Choose your own meal plan and have fresh-made meals delivered to your home. Purchase meals to care for yourself or a loved one, to manage chronic disease, or simply for convenience. They accept private pay, community based services for Medicaid waiver and government funded meal programs.

Phone: 1-877-508-6667

Website: <https://www.momsmeals.com/>

### **Produce Distribution Sponsored by Second Harvest Heartland**

Receive 10-20 pounds of produce, free of charge, to each household. Seniors are welcome.

Hours: 2<sup>nd</sup> Monday of each month from 11:00 am to 1:00 pm

Belgrade Ave United Methodist Church, 325 Sherman Street, North Mankato, MN 56003

### **Salvation Army's Noon Meal Program and Bread Distribution**

This is a free, year-long meal program offered seven days a week from Noon to 1 p.m. at The Salvation Army Kitchen, 700 S. Riverfront Dr. Free bread and bakery items are also distributed during this time. This program is available to anyone in need of fellowship and a nutritious meal.

Contact: 507-345-7840,

Website: <https://centralusa.salvationarmy.org/northern/Mankato/programs-and-services>

### **St. Peter Area Food Shelf**

Hours: Monday, Wednesday, Friday from 1-3pm and Thursday from 6-8pm. Bring your own bag to take home the food you receive.

201B South 3rd Street, St. Peter, MN 56082

Contact: Phone: 507-934-9641

Website: <https://stpeterfoodshelf.weebly.com/>

### **SNAP (Minnesota Supplemental Nutrition Assistance Program)**

Formerly Food Stamps. The Supplemental Nutrition Assistance Program (SNAP) is a county-run, state-supervised Federal program that helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals. The program issues electronic food support benefits that can help stretch your household food budget. Eligibility depends on household income.

Your SNAP benefit will vary based on your income and expenses. Your county will determine your benefit amount. Your SNAP benefit is issued monthly on an Electronic Benefit Transfer (EBT) card that is used like a credit card to purchase food at participating stores.

Apply by contacting local county human services agency (Blue Earth County Call (507) 304-4335. Nicollet County: Call 507-934-8559) or contact SNAP information line at 1-800-657-3698 to learn where to apply.

For help with applying contact:

Second Harvest Heartland - Blue Earth, Brown, Le Sueur, Nicollet and Watonwon Counties

Tina England, SNAP Outreach Specialist. Greater Mankato Area, MN. Call or text for assistance over the phone: 507-514-3535 or call toll free at 1-844-764-5513 - no appointment necessary.

Website: <https://bit.ly/2N4kG9M>

### **Summer Meal Program**

Mankato Area Public Schools participates in the U.S. Department of Agriculture's (USDA) summer food service program. Meals are provided to children (18 years old and younger) at no charge and served Monday through Friday. Mankato Area Public Schools has designated sites and times.

Mankato Area Public Schools

Phone: 507-388-7442

Website: <http://feedingourcommunitiespartners.org/summer-programs.html>

### **Swipe Out Hunger by Sodexo**

Minnesota State University - Mankato students may request free meal swipes that can be redeemed at the University Dining Center on campus. Students may self-nominate themselves using the online electric form, within 48 hours of submitting the form, you will be contacted by email to ensure this program is a right fit and that you are connected to campus support resources.

Phone: 507-389-2613

Website:

[https://mnsu.sodexomyway.com/explore/swipe\\_out\\_hunger#:~:text=Sodexo%2C%20Swipe%20Out%20Hunger%20and,Swipe%20Out%20Meal%20Request%20Form](https://mnsu.sodexomyway.com/explore/swipe_out_hunger#:~:text=Sodexo%2C%20Swipe%20Out%20Hunger%20and,Swipe%20Out%20Meal%20Request%20Form)

### **Wednesday Night Community Supper**

Christ the King offers a free Community Supper on most Wednesday nights from September to May. Anyone and everyone is welcome! We serve from 5:00-6:00pm. Supper choices include a main entrée (PB&J sandwiches always available as an alternative), salad bar, desserts. Wednesday nights begin in September and run through early May.

Address: 222 Pfau Street, Mankato

Phone: 507-345-5056

Website: <http://www.ctkmankato.org/wednesdaynights>

### **WIC (Women, Infant & Children) Program**

WIC is available to Women who are pregnant, breastfeeding or recently had a baby (one year after your baby is born if breastfeeding or for six months if not breastfeeding), Infants from birth to one year of age, and Children from one year of age to their fifth birthday

Blue Earth County: 507-304-4163, address: 410 S. 5th St., Mankato.

Nicollet County: 507-934-8262, address: 501 South Minnesota Avenue, St. Peter (lower level)

Website: <https://www.health.state.mn.us/people/wic/index.html>