

Minnesota Food Access Resources

The purpose and intent of this resource guide is to provide quick and easy access to food resources available within Minnesota. While we know there are many other programs available these are the ones you will see throughout the state.



Beyond the Yellow Ribbon (BTYR) is a comprehensive program for Veterans, Current and Prior Service Members and their families. BTYR creates community awareness by providing training, support and local, regional, state and federal resources. The BTYR communities are here to unite all areas that one would find on an active duty military base.



The primary source of contact for Service Members of any branch is the [Military Family Assistance Centers](#) (FAC). The FACs offer resources, referrals & support to all Service Members and their families. FACs are **confidential** and available to ALL branches regardless of status. Office hours are from 7:30 am to 4:30 pm. After hour support is available. Call toll free at **1-888-234-1274**.



The primary source of contact for all Veteran benefits and services is your County Veteran Service Officers [CLICK Here](#) to connect. To connect with a Tribal Veteran Service Officer [CLICK HERE](#).



The MN Department of Human Services has temporarily modified procedures to make it easier for people to get, keep and use SNAP, which offers food benefits. [CLICK HERE](#) for more information.



Is a nutrition and breastfeeding program. Assists eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy. For more information and to be connected to your local WIC agency [CLICK HERE](#).



Distributes food at Pop-Up pantry locations across Minnesota and Wisconsin. There is no income or residency requirement and for a \$20 bundle donation you will receive an abundance of groceries. [Ruby's Pantry](#) is for anyone that is looking to extend their monthly grocery budget. Guest can attend as many locations each month as wanted or needed. For a list of all [Pop-Up Pantry Locations](#).

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FARE FOR ALL
Food that makes cents

[Fare For All](#) is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables and frozen meat in bulk to save the consumer. Food packages range from \$10-\$30 they accept cash, credit, debit and EBT cards. No personal checks. There are no qualifications to participate. Fare for All has (38) locations throughout Minnesota where food packages are sold once a month. [Sale Locations](#)



Hunger Solutions provides support to Minnesota's food shelves to connect them with resources to serve their clients. They offer connection to individuals with [Farmer Market Bucks](#) and the [Minnesota Food Helpline](#).



[Minnesota Grown](#) is a website designed to connect individuals with their local Farmers Market, provide recipes, upcoming events and the wholesale directory.



As Covid-19 spreads throughout the US, schools are balancing their role of helping prevent disease transmission with ensuring access to food for children who rely on the federal nutrition safety net. The [Free Meals for Kids](#) mobile App helps kids and families in need find and access free meals at hundreds of schools and other sites across Minnesota. It is the central resource for statewide information about schools, school districts and communities offering meals during school closures.



Bridge to Benefits is a project by the Children's Defense Fund-Minnesota to improve well-being of families and individuals by linking them to public work support programs and tax credits. By answering a few simple questions, you will be able to see if you or someone else may be eligible for public work support programs. They **will NOT ask you for information that identifies you**. This is a FREE service! [CLICK HERE](#) for more information.



[United Way 211](#) connects individuals and families directly to organizations that can help. This is free and confidential.

Veterans Crisis Line (800) 600-2670 Press 1
MN Farm and Rural Helpline (833) 600-2670

Beyond the Yellow Ribbon

Food Access Resources Continued...



The University of Minnesota Extension brings Minnesotans together to build a better future through University science-based knowledge, expertise and training. Extension's research and outreach is organized broadly into four centers: 1) Agriculture, Food and Natural Resources; 2) Community Vitality; 3) Family Development; and 4) Youth Development. Check out information about their programs and resources [HERE](#). For more assistance contact Extension Educators Anita Harris Hering at aharris@umn.edu or Sara Croymans at croy001@umn.edu.



[Building Healthy Military Communities](#) (BHMC) offers a toolkit of resources to help service members and their families to maintain a healthy lifestyle. The toolkits offers resources with SNAP, WIC, dietary guidelines and much more!



Military OneSource is a 24/7 connection to information, answers and support to help military service members and their families reach goals, overcome challenges and to thrive. Military One Source offers health and wellness coaching, digital resources, financial counseling, and much more.



Feeding America's mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger. You can find your local foodbank [HERE](#) to donate or if you are in need of food.