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| Iron Range Covid-19 Food Resources |
| **School Lunch and Meals for Children** |
| School Districts (All Locations):School districts are currently working on a plan to provide meals to students in need. If you have any questions, please contact your local school district. To find more information, read this Mesabi Daily News article: [Click Here](https://www.virginiamn.com/covid-19/schools-turning-to-alternative-food-delivery/article_7bf56a14-6b0e-11ea-8df9-3f358296b04c.html) |
| Mesabi East Free or Reduced Meal Delivery:If your child needs Free or Reduced Meal Delivery, please fill out this survey.[Survey](https://docs.google.com/forms/d/e/1FAIpQLSeJX5hHTV6hPlNkXVZuhaJ9FZijWHCqTmiooZnHEyWfDauQNQ/viewform?fbclid=IwAR1dmT6ELu1wq_Pzk-Vx722vOwLJpB90LFCg0DBMBlA6yBlOddJ2ZP-co_E) |
| Virginia MN Public Schools:If you have childcare needs or your child needs meal delivery, please fill out this survey.[Survey](https://docs.google.com/forms/d/e/1FAIpQLSfCossPtZ1MBs7qO6QyoQzEdZ0jnmciuEIkkXVKr7ppVlfayg/viewform?vc=0&c=0&w=1&fbclid=IwAR3URGQcSav_LrZGZzAUJmk5FIs5FDkZay8I1QiC_RVbywP0YJ9EjMeRlaQ) |
| Nashwauk-Keewatin:When school is closed, meals will be provided for children at 5 locations from 9:30-11:00 AM.Food bags will be at NKHS in the big gym, Keewatin Elementary at the main door, Goodland Community Church, Buck Lake baseball field, and the Post Office in Pengilly. |
| Hibbing Public Schools:[Daycare and Food Service](https://drive.google.com/file/d/1821d6HTYB6m0zIH_hWARjOZ8oszFVily/view?fbclid=IwAR2NNAc-9xpBdceBJcbHsDS1PionFUQyZIb8BuhQetGBkIhreGia7zMojPU) |
| Grand Rapids Public Schools:Updates can be found [here](https://www.isd318.org/page/3525?fbclid=IwAR3jqpFsqcAzfpWcj6_CgvVTGifZDrSrFy2gv45n_xI9wJXwluSGyZLzg2A). |
| Grand Rapids Restaurants:* Sammy’s Pizza: Will provide free bagged lunches for children missing meals due to school closure. Limited quantities and takeout/curbside only.
* Sweet Amelia’s Cupcakery: Will offer a free hot ham and cheese with chips for any child who has no lunch from 11AM-1PM. No questions asked, and no purchase necessary while supplies last.
 |
| Big Fork/Marcell Area Restaurants:* Timberwolf Inn: At 11AM, free lunch bags will be served to families in need. No other purchase necessary. Come and speak to an employee to be taken care of.
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| More information on restaurants providing meals for children will be updated here: <https://docs.google.com/document/d/1NnIBdtBoy5B8iBqZkA-dMsVkpvAxxZwadmbnQgq5GT8/edit?fbclid=IwAR1Axc85SqoPL0d-CoBSyxTkeLVf3bSjol33YzrH3x_IJhtNYP_Nk5JxsPo> |
| **Covid-19 Safety** |
| If you’re worried about keeping you and your family healthy during this time, please read these articles about food safety and general safety practices:1. <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
2. <https://foodsafety.ces.ncsu.edu/covid-19-resources/>
3. <https://www.cdc.gov/foodsafety/newsletter/food-safety-and-Coronavirus.html>
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| **Grocery Program** |
| **PROGRAM** | **CONTACT** | **DESCRIPTION**  |
| SNAP (Supplemental Nutrition Assistance Program – formerly Food Stamps) | St. Louis County Public Health & Human ServicesNorthland Office Center307 1st St S, Virginia, MN 55792(218)749-7137Arrowhead Economic Opportunity Agency (AEOA)702 3rd Ave S, Virginia, MN 55792(218)748-7337 or 800-662-5711 ext. 7337 | SNAP (through an EBT card) can purchase food and plants and seeds to grow food. Phone interviews available with an application mailed or completed online. Assistance with the application is often available in the mornings. Emergency SNAP may be issued more quickly in critical situations.The Senior Services and Adult Basic Education (ABE) at AEOA offer additional assistance with SNAP applications |
| WIC (Women, Infants and Children) | St Louis County Public Health & Human ServicesNorthland Office Center - 1R307 1st St S, Virginia, MN 55792(218)749-0604 <https://www.health.state.mn.us/people/wic/localagency/index.html>  | Supplemental food plus nutrition information for pregnant, postpartum, and breastfeeding women and children under age 5. More information, including income guidelines, on website.  |
| NAPS (Nutrition Assistance Program for Seniors) | <https://www.health.state.mn.us/people/csfp/index.html> (218)727-5653 ext. 112  | Supplemental commodity food for men and women age 60 and over. Monthly distribution from several sites. Call for income guidelines and to pre-register. |
| Groceries to Go Program | Arrowhead Economic Opportunity Agency (AEOA) Senior Services702 3rd Ave S, Virginia, MN 55792(218)748-7323 or 800-662-5711 Ext. 7323 | A grocery shopping and delivery service for homebound seniors age 60+. Groceries delivered on Tuesdays. Call to determine eligibility and to complete an intake application. |
| Natural Harvest Food Co-op | 732 4th St N, Virginia, MN 55792(218)741-4663<http://naturalharvest.coop/>  | Curbside pickup available by placing an order online, which will be processed between 10AM-4Pm on Mon-Sat and 11:30AM-4pm on Sun. You will be contacted within two hours. To pick up your order, park in the designated “Pick Up” parking spots and call the co-op.Provides natural and organically grown foods and products. Open Mon-Fri from 9AM-7PM, Sat. from 9AM-6PM & Sun. from 11AM-6PM. Anyone can shop. SNAP/EBT cards accepted. Credit or debit payments preferred.  |
| **food shelves** |
| Aurora Area Food Shelf | 315 North Main Street, Aurora, MN 55705 (218)225-2238 | Service area includes Aurora, Biwabik, Hoyt Lakes, Markham, Palo, and portions of Embarrass. Open Tues 10:00AM-1:00PMCOVID-19 update:Pre-boxed curb side service |
| Quad City Food Shelf (Mountain Iron) | 8367 Enterprise Dr N, Mountain Iron, MN 55768(218)749-1371 | Service area includes Eveleth, Gilbert, Mountain Iron, Virginia, and surrounding rural areasOpen Wed 10AM-4PM and Thurs 11AM-5PMCOVID-19 update:Pre-boxed curb side service |
| Salvation Army - Virginia | 507 12th Ave W, Virginia, MN 55792(218)741-1889<http://salvationarmynorth.org/community/virginia/>  | **Emergency food shelf:** By appointment only, please call (218)741-1889. |
| For more information on food shelves during the Covid-19 Crisis:<https://www.aeoa.org/senior-services/food-and-clothing-shelves> |
| **meals** |
| Salvation Army - Virginia | 507 12th Ave W, Virginia, MN 55792(218)741-1889<http://salvationarmynorth.org/community/virginia/>  | **Free dinner program**: Mon-Fri 3:50-4:50PM.**Summer food service program for youth**: Mon-Fri 11:00AM-12:00PM (June-August). |
| Old School Lives Free Community Meal | 9165 Hwy 53, Cotton, MN 55723(218)482-3005Or email at oldschoollives@gmail.comoldschoollives.com  | Free community meals hosted by Kelsey Community Church. Open 2nd Sat of the month. Call to confirm schedule.  |
| Senior Dining  | AEOA (Arrowhead Economic Opportunity Agency)702 3rd Ave S, Virginia, MN 55792(218)735-6899 or 1-800-662-5711 ext. 6899http://www.aeoa.org/senior-services/senior-food-and-nutrition-services | Lunches served Mon-Fri from several locations to anyone age 60+ and their spouses or caregivers. Suggested donation of $4 per meal. No income requirement. Reservations required one day in advance at select locations. Call to register or for more information. |
| Meals on Wheels (home delivered meals) | AEOA (Arrowhead Economic Opportunity Agency)702 3rd Ave S, Virginia, MN 55792(218)735-6899 or 1-800-662-5711 ext. 6899<http://www.aeoa.org/senior-services/senior-food-and-nutrition-services>  | Lunches delivered Mon-Fri to homebound seniors age 60+ who are unable to purchase/prepare healthy meals. Suggested donation of $4. No income requirement. Reservations required one day in advance.Call to register or for more information.  |
| **low-cost food** |
| Ruby’s Pantry | **Ruby’s Pantry Babbitt**Municipal Center Gymnasium71 South Drive, Babbitt, MN 55706**Ruby’s Pantry Cook**303 Vermilion Dr, Cook, MN 55723**Ruby’s Pantry Eveleth**Clinton Community Center8907 Hwy 37, Mt. Iron, MN 55751**Ruby’s Pantry Hibbing**Abundant Life Church1637 E 40th St, Hibbing, MN 55746<https://www.rubyspantry.org/>  | Fresh, frozen and canned foods (enough to fill 2 large boxes) for $20 (cash only). No income guidelines. Bring sturdy containers like laundry baskets. Pre-registration not required but available at select locations for an extra $1. **Babbitt**: distribution is the 4th Saturday of the month, 10:00-11:30AM (doors open at 9:30AM)**Cook**: distribution is the 2nd Thursday of the month, 4:30-6:00PM (doors open at 3:30PM)**Eveleth**: distribution is the 4th Wednesday of the month, 4:30-6:00PM (doors open at 4:00PM)**Hibbing**: distribution is the 4th Thursday of the month, 5:00-6:30PM (doors open at 4:30PM) |
| **gardening** |
| Growing Together - Virginia Community Gardens | P.O. Box 1165, Virginia, MN 55792(218)780-0514growingtogethervirginia@gmail.com<https://www.facebook.com/growingtogethervirginia/>  | Garden plots available for rent at various locations throughout the City of Virginia. Plot fees based on a sliding scale. Call or email for more information or to register.  |
| University of Minnesota Extension | Call (218)749-7120 with gardening questions or visit <http://www.extension.umn.edu/garden/> | Research-based information on a variety of gardening topics from a master gardener. |
| **food preservation** |
| University of Minnesota Extension  | <http://www.extension.umn.edu/food/food-safety/preserving> | Information on canning, freezing, drying and safe storage of food |
| **cooking & food safety information** |
| University of Minnesota Extension SNAP-Ed | Call for information about current classes, (218)471-7234. <https://extension.umn.edu/teaching-nutrition-education/supplemental-nutrition-assistance-program-education-snap-ed>Facebook: “Live Healthy, Live Well” | Hands-on sessions on meal planning, nutrition, grocery shopping & cooking. |
| University of Minnesota Extension Answer Line | Call (800)854-1678 or email questions to answer@istate.edu | Experts answer food safety and general household questions. Mon-Fri 9:00AM-12:00PM and 1:00-4:00PM |

For additional food access questions (gardening, cooking, farming, assistance, etc), contact the Rutabaga Project,

(218) 404-8466, kelsey.gantzer@aeoa.org

This resource list was compiled by Devan Ekmark. Please contact Devan with updates or corrections, (218) 410-0005, devan.ekmark@aeoa.org. Last updated April 8, 2020.