



**Supplemental
Nutrition
Assistance
Program**

Putting Healthy Food
Within Reach

SNAP - SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Stretch your food dollars

Get help applying for SNAP benefits:

Tri-Cap, (320) 251-1612

Morrison County Social Services, (320) 632-7800



Women, Infants & Children Nutrition Program

WOMEN, INFANTS & CHILDREN (WIC)

Supplemental Foods, Nutrition Education and Health Care Referrals. WIC serves pregnant, breastfeeding and postpartum women; and children from birth to 5 years of age. Supplemental foods include: fruits and vegetables, infant formula, cereal and jarred baby food; milk, eggs, cheese, cereal, juice, peanut butter, whole grain breads, tortillas, rice and oatmeal.

For more information call: (320) 632-7800

**BRIDGE
TO BENEFITS**

Another Way Children's Defense
Fund Helps Strengthen Families

BRIDGE TO BENEFITS

The Bridge to Benefits website is a one-stop shop for finding out information on public programs, easy to follow steps on how to apply.

<http://mn.bridgetobenefits.org/>

COMPOST



PLANT



HARVEST



MORRISON COUNTY

HEALTH
AND
Nutrition
RESOURCES

A program to help you thrive
and flourish ...





MORRISON COUNTY *Healthy Food Resources*

MORRISON COUNTY FOOD SHELVE

Pantry hours:
Tues & Wed: 10am - 12pm
Thurs: 5pm - 7pm
912 1st Ave SW, Little Falls
(320) 632-8304

MOTLEY AREA FOOD SHELVE

Pantry Hours:
Thurs: 9am - 12pm
3rd Thurs 5-7pm
697 3rd Ave S, Motley, MN
(218) 352-6344

PIERZ AREA FOOD SHELVE

Hours: Mondays
9am - 11am & 5pm - 7 pm
220 Main Street South, Pierz
(320)468-7134

PURPLE CARROT MARKET - LITTLE FALLS FOOD CO-OP:

purplecarrotmarket@gmail.com Web:
purplecarrotmarket.coop Facebook:
Purple Carrot Market

HELPING HANDS 365

Tues: 10-5
Wed: 10-6
Thurs: 10-4
Fri: 10-3
2nd Sat. of Month: 10-2
All other days by appointment
Call (320)-733-3341 for info. 118
Broadway E, Little Falls, MN

LIVING BREAD PANTRY FOOD DISTRIBUTION 4th

Saturday of every month from
9am-10:30am. \$20 for a basket of
food, bring your own box/basket.
25632 285th Ave, Pierz For more
information call (320) 250-9599

UPSALA SENIOR NUTRITION

PROGRAM Meals available for
wavier clients through Nana's
Kitchen. Contact your County
Case Manager, County Care
Coordinator or call Nana's
Kitchen directly (320) 492-8116



SENIOR NUTRITION PROGRAMS

(Lutheran Social Services)
Congregate Dining and
Home Delivered Meals Hot
meal delivery Mon-Fri &
frozen meals available for
weekends. Free will donation
(320) 468-2160 (Pierz)
(320) 632-8200 (Little Falls)

SPROUT MN MARKET

Sprout is an area food hub
that manages the collection
and distribution of local food
products from over 70 local
and regional growers
annually. Sprout provides
CSA shares, wholesale, and
online shopping at
Barn2Door.
Located at 609 13th Ave. NE
in Little Falls. Contact Sprout
at (320)412-3081 or
info@sproutmn.com

STAPLES AREA FARMERS MARKET

(EBT Accepted with
matching program through
Hunger Solutions.)
Located Thursdays, 2:00pm -
5:30pm at Lakewood Health
System main Campus, Staples,
MN.

OASIS CENTRAL

MINNESOTA, INC. For
more information, call
(320)632-9140 or e-mail
intake@oasiscsm.net

**U OF M EXTENSION /
SNAP EDUCATION**
Cooking classes and nutrition
education (320) 632-0163

MINNESOTA FOOD HELPIKE

Call the number below for
more information on help
with food in your community
1-888-711-1151

COMMUNITY GARDEN

St. Francis Garden
Individual plots are available
at Franciscan Sisters of Little
Falls (nominal fee).
For more information,
contact Donna Waldvogel at
(320) 632-8522

GARDEN EDUCATION

Horticulture Day offered in
the spring at alternating
locations. For more
information, contact U of M
Extension: (320) 632-0161.

LITTLE FALLS FARMERS MARKET

(EBT Accepted)
Wed & Sat: 8am - 12pm at
Boys & Girls Club Parking
Lot. Markets run through
10/31.(320) 632-2760.

MINNESOTA GROWN DIRECTORY

www.minnesotagrown.com

RUBY'S PANTRY

Hosted by Little Falls Alliance
Church
\$25 cash/check
4th Monday of the month
4:30pm - 6:00pm.
Tractor/ Fleet Supply Parking
Lot. 15615 Highway 27, Little
Falls, MN
Contact: (320) 632-3047

COOKING FOR OUR NEIGHBORS

Frozen prepared meals
Hours: M-F 9am-4pm Pick
up locations:
Drop in Center, 120 East
Broadway Little Falls, MN
For more information call:
(320) 632-7817

