



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 (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

## 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](http://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

## MORRISON COUNTY FOOD SHELF

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

## MOTLEY AREA FOOD SHELF

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

## PIERZ AREA FOOD SHELF

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 waiver 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](mailto: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@oasicm.net](mailto:intake@oasicm.net)

## U OF M EXTENSION / SNAP EDUCATION

Cooking classes and nutrition education (320) 632-0163

## MINNESOTA FOOD HELPLINE

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

