



HELP WITH FOOD AND BASIC NEEDS

Several programs are available to help connect you with healthy, nutritious food and basic supplies (toilet paper, toothpaste, diapers).

ramseycounty.us/FoodResources



FOOD SHELVES AND MEAL PROGRAMS

Anyone in Ramsey County can connect to their local food shelf or other meal programs.



Find food near you:

ramseycounty.us/FoodResources

The website includes an online map with food shelves, farmers markets, grocery stores and produce distribution sites.



FREE HOME MEAL DELIVERY

Home meal delivery is available to residents who are confined to their homes due to health conditions and other reasons related to the COVID-19 pandemic. You may be eligible for up to 21 meals per week.

Learn more:

ramseycounty.us/HomeMealDelivery



FREE MEALS FOR YOUTH

All youth and students age 18 and under can get free meals and snacks from the school district they live in. Your child does not have to attend the school district to qualify.

Contact your public school district to learn more.



FINANCIAL ASSISTANCE PROGRAMS

The **Supplemental Nutrition Assistance Program (SNAP)** helps people with low incomes get the food they need for nutritious and well-balanced meals.

ramseycounty.us/SNAP

The **Women, Infants and Children (WIC)** program helps people who are pregnant or parenting children under age 5.

ramseycounty.us/WIC