

# South St. Louis County

## FOOD SHELVES \_\_\_\_\_

### Duluth

#### CHUM Food Shelf - Downtown

120 N. 1st Avenue W.  
(218) 727-2391  
chum@chumduluth.org  
Wednesdays & Fridays, 10am - 1:45pm  
Wednesdays, 3:30 - 6:30pm

#### CHUM Food Shelf - West

4831 Grand Avenue  
(218) 624-0333  
chum@chumduluth.org  
Tuesdays & Thursdays, 11am - 2pm

#### Vineyard Christian Fellowship

##### Fruit of the Vine Food Shelf

1533 Arrowhead Road  
(218) 525-3462  
FOTV@duluthvineyard.org  
Tues, 6-8pm & Sat, 9:30 - 11:30am

### Hermantown

#### Hermantown Area Food Shelf

4503 Airpark Boulevard  
(218) 727-5653, ext. 119  
info@northernlakesfoodbank.org  
Tuesdays, 10am - 1:30pm

## SOUP KITCHENS \_\_\_\_\_

### Duluth

#### Duluth Salvation Army

215 S. 27th Avenue W.  
(218) 722-7934  
carol.perkins@usc.salvationarmy.org  
Lunch: M - F, 11:30am - 12:30pm

#### Life House (For ages 14-20)

102 W. 1st Street  
(218) 722-7431  
jon.cadotte@life-house.org  
Lunch: M, T, Th & F, 3 - 8pm  
Lunch: Wednesdays, 3 - 6pm



#### Duluth Salvation Army

215 S. 27th Avenue W.  
(218) 722-7934  
carol.perkins@usc.salvationarmy.org  
Mondays & Thursdays, 1:30 - 4pm

#### Union Gospel Mission

219 E. 1st Street  
(218) 722-1196  
ugmduluth@msn.com  
Monday through Thursday, 1:30 - 3pm

### Proctor

#### Proctor Food Shelf

415 2nd Street  
(218) 729-5062  
clanmacgill@inbox.com  
Wednesdays, 10am - 1pm

### Floodwood

#### Floodwood Food Shelf

601 Ash St.  
(218) 476-2176  
2nd & 4th Wednesdays,  
9 - 11am

#### Damiano Center

206 W. 4th Street  
(218) 726-0500  
sbennett@damianocenter.org  
Lunch: M, W, F, S & Sun, 11:30am - 1pm  
Dinner: Sat & Sun, 5 - 6pm

#### Union Gospel Mission

219 E. 1st Street  
(218) 722-1196  
ugmduluth@msn.com  
Breakfast: M - Th, 7:30am - 8:15am  
Lunch: M - Th, 12 - 12:45pm & Sun 1 - 2pm  
Dinner: M - F, 5:15 - 6pm & Sun 5 - 6pm

#### CHUM Drop-In

125 N. 1st Avenue W.  
(218) 722-7431  
chum@chumduluth.org  
Wednesdays, 3 - 6pm

## **Mother and Children Program (MAC) & Nutrition Assistance Program for Seniors (NAPS) \_\_\_\_\_**

### **Monthly food boxes for seniors, mothers and children available in:**

Duluth  
Meadowlands  
Floodwood

For more information:

(218) 727-5653, ext. 112 or [sandy@northernlakesfoodbank.org](mailto:sandy@northernlakesfoodbank.org)

## **SNAP (Food Stamps) \_\_\_\_\_**

### **St. Louis County Public Health & Human Services, Duluth**

320 W. 2nd Street  
(218) 726-2000

Application assistance available:

Monday through Friday, 7:30 - 11:30am

## **Minnesota Food HelpLine \_\_\_\_\_**

1 (888) 711-1151

If you or someone you know does not have enough food, call the MN HelpLine to find out if you qualify for SNAP and where to find emergency food assistance close to your home.

## **United Way 2-1-1 \_\_\_\_\_**

United Way's 2-1-1 is an easy-to-remember, completely confidential telephone number that connects people with important information about food, housing, employment, childcare, transportation, health services, senior services and more.