

Cov Plus Mov Rau Zej Zog Pab Dawb

Thov hu tuaj ua ntej. Cov plus mov yuav muaj kev hloov pauv los sis kev tso tseg.

Lub Tsev Teev Hawm Faith Lutheran Church

11115 Hanson Blvd. NW, Coon Rapid
763-755-3530

Thawj Hnub Thurs, 5:00 - 6:00 teev tsaus ntuj
Noj hauv tsev lossis nres tsheb txais

First Lutheran Church

1555 40th Ave. NE, Columbia Heights
763-788-9653

Lub Tsis Hlis Ntuj Tim 19 yuav yog hnub kawg mus txog rau
Lub Caij Nplooj Ntoos Zeeg Xyoo '24

Glen Cary Lutheran Church

15531 Central Ave. NE, Ham Lake
763-434-5695

Hnub Fri Thib Peb, 6:00 - 7:00 teev tsaus ntuj

Mount Olive Lutheran Church

700 Western St., Anoka
763-421-3223

Hnub Wed, 5:30 - 6:15 teev tsaus ntuj

Redeemer Lutheran Church

61 Mississippi Way NE, Fridley
763-574-7445

Hnub Mon Thib Peb, 5:45 - 6:30 teev tsaus ntuj

St. Philip's Lutheran Church

6180 Hwy 65 NE, Fridley
763-571-1500

Hnub Wed, 5:15 - 6:00 teev tsaus ntuj
- Tuaj tos ntawm ntug kev nkaus xwb

Lub Tsev Teev Hawm Fridley United Methodist Church

680 Mississippi St NE, Fridley
763-571-1526

Hnub Sat Thib Plaub,
11:30 teev sawv ntxov - 12:30 teev tsaus ntuj
- Noj hauv tsev lossis tsav tsheb txais ntawm qhov rai

St. Stephen's Catholic Church

525 Jackson St., Anoka
763-421-2471

Hnub Sat Thib Peb, 5:45 - 6:30 teev tsaus ntuj

St. Timothy Lutheran Church

825 51st Ave. NE, Columbia Heights
763-571-9721

Hnub Tues, 5:00 - 6:30 teev tsaus ntuj.
- Caij tsheb nkag mus tos nkaus xwb

Unity North Spiritual Center

11499 Martin St. NW, Coon Rapids
763-754-6489

Lub Ib Hlis Ntuj - Lub Kaum Hlis Ntuj*
Hnub Thurs Thib Plaub, 5:00 - 6:00 teev tsaus ntuj
- Caij tsheb nkag mus tos nkaus xwb
*Tsis muaj cov plus mov hauv Lub Kaum Ib Hlis Ntuj -
Kaum Ob Hlis Ntuj

Kev thauj mus los

Lub Khoos Kas Muab Kev Pab Cuam Thauj Neeg Mus Los (Transit Assistance Program, TAP)

612-373-3333 | www.metrotransit.org/tap-riders
Daim pib tsheb \$1 hauv cov tsheb npav uas khiav tib txoj kev rau tus neeg muaj nyiaj khwv tau los tsawg

Transit Link

612-602-LINK (5465) | www.transitlinktc.org
Tsheb npav me los sis tsheb tub uas khiav hauv cov hnub ua hauj lwm rau qhov uas tsis muaj cov kev tsheb khiav uas khiav tib txoj kev ntawd. Yuav tsum ceev tseg ua ntej.

Metro Mobility

651-602-1111, TTY: 651-221-9886
Rau cov neeg caij tsheb uas muaj ntawv pov thawj uas muaj tus zwj ceeb mob ntsig txog fab kev noj qab haus huv los sis kev xiam oob qhab uas tsis muaj peev xwm yuav siv tau cov tsheb npav khiav hauv tib txoj kev xwb.

Tib Txoj Kev Rau Neeg Taug Anoka County Traveler

612-373-3333
Teem sij hawm uas siv tshuab teem hauv 24 teev hu tau rau 612-341-4287

Phau Ntawv Qhia Txog Cov Chaw Muab Kev Pab Cuam Zaub Mov

Cheeb Tsam Nroog Anoka | 2025

GoAnokaCounty.Org



Cov Chaw Muab Kev Pab Cuam Thoob Plaws Cheeb Tsam Nroog

Poj Niam, Me Nyuam Mos thiab Cov Me Nyuam Yaus (Women, Infants & Children, WIC)

763-324-4230 los sis Sau Tus Ntawv Anoka WIC mus rau 61222
Kev pab txhawb cov zaub mov zoo, tswv yim kev noj zaub mov thiab txhawb cov poj niam xeeb menyuam lossis nyuam qhuav yug menyuam tshiab uas pub niam mis rau menyuam, cov menyuam mos, thiab menyuam yaus hnub nyooog 0-5 xyooos uas muaj cai txais tau.

Xov Tooj Hunger Solutions MN Food Helpline

1-888-711-1151
Kawm paub hais txog cov chaw muab kev pab cuam zaub mov pab dawb thiab muaj tus nqi qis hauv koj koog zej zos, suav nrog cov tsee rau zaub mov, Fare for All, cov kiab khw ntawm cov neeg ua liaj ua teb tu tsiaj ntxhu, thiab cov plus mov pab dawb. Hu xov tooj lossis xa xov text hnub Monday-Friday 10:00am-5:00pm

Cheeb Tsam Nroog Anoka Lub Thawj Fab Saib Xyuas Kev Pab Cuam Fab Kev Khwv Noj Khwv Haus (SNAP/ Kev Pab Zaub Mov)

763-422-7200
Pab cov neeg uas muaj nyiaj khwv tau los tsawg los yuav zaub mov. Yuav siv cov cai hais txog kev muaj cai tau txais kev pab.

Fare for All

763-450-3880 | www.fareforall.org
Khw muag khoom noj luv nqi, koom nrog rau txiv hmab txiv ntoo, zaub, thiab nqaij. Hu xov tooj lossis saib qhov website yog xav nrhiav cov chaw thiab sijhawm.

Lub Khoos Kas Muab Kev Pab Zaub Mov Ntxiv Uas Yog Tej Khoom Muag (Commodity Supplemental Food Program, CSFP)

651-201-4404
Cov neeg laus uas muaj cai tsim nyog tau kev pab (hnub nyooog 60 xyoo nce mus) yuav tau txais ib lub npov ntawm USDA cov khoom pab, cov zaub mov nyob ntawm lub tsee uas ruaj khov, suav nrog cov txiv ntoo ntim kaus poom, cov zaub, cov nqaij, thiab cov noob nplej. Hu tuaj seb puas muaj cai tsim nyog tau kev pab thiab tuaj nrhiav qhov chaw.

Impact Services Meals on Wheels

763-236-8718
Cov plus mov uas muab noj nyob rau thaum sij hawm noj su rau cov neeg laus, cov poj niam cev xeeb me nyuam thaum pw so saum txaj, cov neeg uas muaj kev so kho mob ncuva sij hawm luv, thiab cov neeg uas ua neej nrog kev xiam oob qhab los sis cov zwj ceeb kho mob. Muab Kev Pab Cuam Rau Cheeb Tsam Nroog Anoka. Hu xov tooj lossis saib qhov website yog xav rau npe.

Market Bucks ntawm cov kiab khw ntawm cov neeg ua liaj ua teb tu tsiaj ntxhu hauv cheeb tsam zej zos

HungerSolutions.org/programs/market-bucks/
Xab Kees Ntawm No:



Cov Txee Rau Zaub Mov Pab Dawb thiab Cov Chaw Muab Kev Pab Zaub Mov

ACBC Food Shelf

763-422-0046
2615 9th Ave. North, Anoka, MN 55303
Hnub Mon thiab Wed, 10:00 teev sawv ntov -
3:00 teev tsaus ntuj
Hnub Tues, 12:00 - 5:00 teev tsaus ntuj
Hnub Thurs, 12:00 - 7:00 teev tsaus ntuj

Anoka Covenant Church

763-421-5194
752 Grant St., Anoka, MN 55303
Hnub Mon, 12:00 - 2:00 teev tsaus ntuj

Blaine United Methodist Church

763-577-2170
621 115th Ave. NE, Blaine, MN 55434
Hnub Thurs, 10:00 teev sawv ntov - 12:00 teev tav su

Centennial Community Food Shelf

651-763-2013
200 Civic Heights Circle, Circle Pines, MN 55014
Hnub Mon thiab Hnub Thurs, 4:00 - 6:00 teev tsaus ntuj

Coon Rapids United Methodist Church

Matthew 25 Food Distribution
763-755-6990
10506 Hanson Blvd. NW, Coon Rapids, MN 55433
Hnub Sun Thib Ob, 12:00 - 2:00 tsaus ntuj,
Cajj tsheb nkag mus dhau nkaus xwb
Cov zaub mov pub dawb - **Hnub Fri**, 4:00 - 6:00 teev
tsaus ntuj
-Qhib qhov rooj @ 3:00 teev tsaus ntuj

Grace Evangelical Free Church

763-784-7199
755 73rd Ave. NE, Fridley, MN 55432
Hnub Fri Thib Ob, 5:00 - 7:00 teev tsaus ntuj

Grace Lutheran Church

763-421-6520
13655 Round Lake Blvd., Andover, MN 55304
Hnub Mon - Hnub Thurs, 9:00 teev sawv ntov -
3:00 teev tsaus ntuj

Harbor Food Shelf at Faith Lutheran Church

763-755-3530
11115 Hanson Blvd. NW, Coon Rapids, MN 55433
Qee hnub Thursday
Teem sijhawm nyob rau online lossis hu xov tooj

Hope for the Community

763-757-4266
1264 109th Ave. NE, Blaine, MN 55434
Hnub Thurs, 9:30 teev sawv ntov - 5:00 teev tsaus ntuj
- Cajj Tsheb Nkag Mus Dhau/ Tsis Sib Chwv Li

Lub Tuam Tsev Islamic Center of Minnesota

763-571-5604
1401 Gardena Ave NE, Fridley, MN 55432
Hnub Sun Thib Peb, 11:00 teev sawv ntov -
1:00 teev tsaus ntuj
- Xav kom muaj kev tso npe cia ua ntej rau cov
neeg qhua uas txais kev pab cuam tuaj tshiab

Linwood Covenant Church

Manna Market
651-464-1986
6565 Viking Blvd. NE Wyoming, MN 55092
Hnub Thurs Thib Ob, 4:00 - 6:00 teev tsaus ntuj
- Cajj tsheb nkag mus dhau nkaus xwb,
rau npe hauv txoj kab tsheb.

Manna Market at Centennial Square

763-205-1035
3301 92nd Ave. NE Blaine, MN 55449
3200 89th Ave. NE, Blaine, MN 55449
Hnub Wed, Kev tso npe thaum @ 4:30 teev tsaus ntuj
Pib Muab Zaub Mov thaum @ 5:00 teev tsaus ntuj
Muab Kev Pab Cuam Rau Lub Zej Zog Tsev Txav Mus Los Tau Hauv
Centennial Square hauv Blaine.

Manna Market at Fridley Covenant Church

612-440-3386
6390 University Ave. NE, Fridley MN 55432
Hnub Tues, 4:00 - 6:00 teev tsaus ntuj
- Cajj tsheb nkag mus dhau nkaus xwb.

Manna Market at Substance Church

763-205-1035
8299 Central Ave. NE, Spring Lake Park, MN 55432
Hnub Mon thiab Hnub Thurs, 4:00 - 6:00 teev tsaus ntuj
- Kev rau npe thaum @ 3:00 teev tsaus ntuj
Hnub Sat, 10:00 teev sawv ntov - 12:00 teev tsaus ntuj
- Kev rau npe thaum @ 9:00 teev sawv ntov

Koom Haum Muslim American Society Minnesota

612-412-1425
12175 Aberdeen St. NE, Blaine, MN 55449
Hnub Sat Thib Ob, 11:00 teev sawv ntov -
1:00 teev tsaus ntuj
Cov neeg qhua uas txais kev pab cuam tuaj tshiab yuav tsum
nqa daim ntawv tso cai tsav sheb los sis lwm daim ID thiab thov
sau daim ntawv thov kev pab cuam.

North Anoka County Emergency

Food Shelf
763-434-7685
18511 Hwy 65 NE, Suites 100
200 East Bethel, MN 55011
Hnub Mon - 9:00 - 12:00 teev tsaus ntuj,
5:30 - 7:00 teev tsaus ntuj
Hnub Tues - 5:00 - 8:00 teev tsaus ntuj
Hnub Wed - 1:00 - 4:00 teev tsaus ntuj
Hnub Thurs - 8:00 - 11:00 teev sawv ntov

Way of the Lord Church

763-755-4800
804 131st Ave. NE, Blaine, MN 55434
Hnub Tues Thib Ob thiab Thib Plaub -
2:30 - 5:30 teev tsaus ntuj
Yuav tsum tau muaj daim duab ID uas tseem siv tau THIAB daim
ntawv sau nqi kev siv huav taws xob tam sim no

Southern Anoka Community Assistance

763-789-2444 | www.sacafoodshelf.org
627 38th Ave. NE Columbia Heights, MN 55421
Hnub Mon, 9:00 teev sawv ntov - 4:00 teev tsaus ntuj
Hnub Tues, 8:00 teev sawv ntov - 4:00 teev tsaus ntuj
Hnub Wed, 10:00 teev sawv ntov - 6:00 teev tsaus ntuj
Hnub Thurs, 8:00 teev sawv ntov - 3:00 teev tav su
Tuaj yeem teem cajj hauv online tau rau lub txee tso zaub
mov. Yuav muaj cov kev pab cuam xa tuaj tom tsev rau cov
neeg laus uas tawm tsis tau hauv tsev thiab cov neeg xiam
oob qhab.

St. Phillip's Clothing and Food Shelf

763-571-1500
6180 Hwy 65 NE, Fridley, MN 55432
Hnub Tues, 10:00 - 11:30 teev sawv ntov
Hnub Wed, 5:00 - 6:30 teev tsaus ntuj
Hnub Fri, 10:00 - 11:30 teev sawv ntov

The Salvation Army Food Shelf

763-755-6873
1201 89th Ave. NE #130, Blaine, MN 55434
Hnub Mon - Hnub Thurs, 9:00 teev sawv ntov -
4:00 teev tsaus ntuj

Trinity Lutheran Church Manna Market

763-753-1234
3812 229th Ave. NW St Francis, MN 55070
Txhua Lwm Hnub Fri, 5:00 - 7:30 teev tsaus ntuj

