

Food is Medicine: Minnesota Food Assistance

RESOURCES AND DATA

Food Assistance Resources

Minnesota offers the following resources to assist individuals and families.

- **[MNbenefits: Minnesota Department of Human Services \(mnbenefits.mn.gov/\)](http://mnbenefits.mn.gov/)**
 - Apply for the Supplemental Nutrition Assistance Program (SNAP), cash assistance, childcare assistance, and emergency help.
- **[Minnesota Food HelpLine: Hunger Solutions Minnesota \(www.hungersolutions.org/2016/09/15/minnesota-food-helpline-webinar\)](http://www.hungersolutions.org/2016/09/15/minnesota-food-helpline-webinar)**
 - Find solutions for food needs. Visit the website or call 1-888-711-1151.
- **[Searchable Food Help Map: Hunger Solutions Minnesota \(www.hungersolutions.org/find-help/\)](http://www.hungersolutions.org/find-help/)**
 - Find a local food shelf, WIC program, Meals on Wheels for individuals with diminished mobility, generally aged 60 and older.
- **[Fare For All: The Food Group \(thefoodgroupmn.org/groceries/fare-for-all/\)](http://thefoodgroupmn.org/groceries/fare-for-all/)**
 - Save on groceries by getting pre-packed fruits, vegetables, and meat. Over 30 locations in Twin Cities and St. Cloud metro areas are open once a month to everyone. There's no need to register in advance.
- **[Women, Infants, & Children \(WIC\) Program: Minnesota Department of Health \(www.health.state.mn.us/people/wic/index.html\)](http://www.health.state.mn.us/people/wic/index.html)**
 - WIC improves the health of nutritionally at-risk women, infants, and children. Find information about breastfeeding promotion, the WIC food package, and online referral. Find an office near you:
 - English (www.health.state.mn.us/people/wic/ppthome.html)
 - Spanish (www.health.state.mn.us/people/wic/spanish/spindex.html)
 - Somali (<https://www.health.state.mn.us/people/wic/somali/index.html>)
- **[Bridge to Benefits: Children's Defense Fund-Minnesota \(mn.bridgetobenefits.org/Home2\)](http://mn.bridgetobenefits.org/Home2)**
 - Learn about support programs and tax credits and see if you are eligible
 - [English \(mn.bridgetobenefits.org/Home2\)](http://mn.bridgetobenefits.org/Home2)
 - [Spanish \(mnespanol.bridgetobenefits.org/Home2\)](http://mnespanol.bridgetobenefits.org/Home2)
- **[Findhelp \(www.findhelp.org/\)](http://www.findhelp.org/)**
 - Zip code search this national network for free and reduced-cost programs. Includes federal, state, county, municipal, and local resources. Financial assistance, food pantries, medical care, and other free or reduced cost.

- [USDA Nutrition \(www.nutrition.gov/topics/food-security-and-access/food-assistance-programs\)](http://www.nutrition.gov/topics/food-security-and-access/food-assistance-programs).
 - Find a food assistance programs for programs serving children, adults, and seniors and provides free consumer education materials.

Minnesota Food Insecurity Data

- [Minnesota Profile of Hunger, Poverty, and Federal Nutrition Programs \(frac.org/research/resource-library/state-of-the-states-profiles?state=Minnesota\)](http://frac.org/research/resource-library/state-of-the-states-profiles?state=Minnesota) Food Research Action Center, online 4/19/2022.
- [Minnesota Food and Nutrition Security State Profile \(PDF\) \(chronicdisease.org/wp-content/uploads/2022/02/Minnesota-FNS-Profile-1.pdf\)](http://chronicdisease.org/wp-content/uploads/2022/02/Minnesota-FNS-Profile-1.pdf) Feeding America & National Association of Chronic Disease Directors, online 4/19/2022.
- [University of Minnesota Food Security Dashboard \(hfhl.umn.edu/resources/dashboardintro\)](http://hfhl.umn.edu/resources/dashboardintro). This Minnesota food security platform models estimated future food insecurity rates at the county and census tract levels. Maps community food shelves and identifies "food gap" areas and social vulnerabilities: socioeconomic and minority status, household composition, disability, housing, and transportation.
- [Wilder Foundation Food Access Research Library \(www.wilder.org/wilder-research/research-library?search_api_fulltext=&field_wilder_topic_1%5B4118%5D=4118\)](http://www.wilder.org/wilder-research/research-library?search_api_fulltext=&field_wilder_topic_1%5B4118%5D=4118).
 - [New Food Insecurity Data Highlight Minnesota's Continuing Disparities and the Need for Multi-Sector Solutions \(www.wilder.org/articles/new-food-insecurity-data-highlight-minnesotas-continuing-disparities-and-need-multi-sector\)](http://www.wilder.org/articles/new-food-insecurity-data-highlight-minnesotas-continuing-disparities-and-need-multi-sector).

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To obtain this information in a different format, call 651-201-5400.