

## Minneapolis Food Shelves

*Last updated 08/05/22 - please contact the food shelf prior to your visit to confirm hours and availability*

Food Shelf Name	Address	Hours of Operation	Contact Information	Website	Eligibility Criteria	In need of volunteers?	In need of donations?
Asian Media Access	2418 Plymouth Ave N	Fri 5 – 6 pm <i>hot meal distribution</i>	Please contact Lily.Do@amamedia.org for signing up	<a href="https://ww1.amamedia.org/works/">https://ww1.amamedia.org/works/</a>			
Brian Coyle Community Center Food Shelf	420 15th Ave S	Mon 12 pm – 5 pm Wed 12 pm – 4 pm Fri 12 pm – 4 pm	(612) 338-5282	<a href="https://pillsburyunited.org/programs/food-distribution/">https://pillsburyunited.org/programs/food-distribution/</a>	New clients must bring an ID for themselves and their family members & complete a brief registration process.	Not right now	Donate at <a href="http://www.pillsburyunited.org/donate">www.pillsburyunited.org/donate</a>
Calvary Lutheran Church Food Shelf	3901 Chicago Ave S	Sat 9 am – 12 pm	(612) 827-2504 ext. 205 / foodshelf@clchurch.org	<a href="https://www.clchurch.org/food-shelf">https://www.clchurch.org/food-shelf</a>	Households may visit one Saturday per month. "Special" distributions do not count.	Need volunteers Thursday thru Saturday. Especially Thursday mornings, Friday middays, and Saturday mornings. Sign up at: <a href="https://www.signupgenius.com/go/9040549aea722aaf85-calvary">https://www.signupgenius.com/go/9040549aea722aaf85-calvary</a>	Financial donations are preferred. Send a check made out to Calvary Lutheran Church with food shelf in the memo line and mail it to 3901 Chicago Ave Minneapolis, MN 55407. Sugar, condiments, spices, disinfectant wipes, personal hygiene items, baby wipes, and size 5 and size 6 diapers also appreciated.
Camden Promise - Gethsemane Lutheran Church Food Shelf	4656 Colfax Ave N	Mon thru Sat 12 pm – 2:30 pm	(612) 521-3575 / prjeff@thecamdenpromise.org	<a href="http://www.thecamdenpromise.org/food-shelf.html">http://www.thecamdenpromise.org/food-shelf.html</a>		Yes, especially Hmong and Spanish speakers. Call 612-521-3575.	Financial donations are preferred. Donate on website.
CAPI Food Shelf	5930 Brooklyn Blvd	Tues 1 pm – 4 pm; Wed and Thur 9 am – 12 pm & 1 pm – 4 pm	(612) 721-0122 / info@capiusa.org	<a href="https://www.capiusa.org/food-and-nutrition-services/">https://www.capiusa.org/food-and-nutrition-services/</a>	Walk-ins available	Not right now	Donate at <a href="http://www.capiusa.org/donations/">www.capiusa.org/donations/</a> Other specific needs include meat and halal items.
CLUES Canasta Familiar	777 Lake St E	Wed 2 pm – 5 pm	(651) 379-4256 / jcalvo@clues.org	<a href="https://clues.org/services/physical-and-emotional-wellness/access-to-healthy-food/">https://clues.org/services/physical-and-emotional-wellness/access-to-healthy-food/</a>	Visit webpage for more information		Financial donations are preferred. Donate at <a href="http://www.clues.org/get-involved/donate/">www.clues.org/get-involved/donate/</a> For more information on donations and/or questions, please contact development@clues.org or call 612-439-9795 Other specific needs include: laundry soap, dish soap, paper towel, toilet paper, toothbrushes, toothpaste, tampons, and mouth wash
Community Bridge Food Pantry	2400 Park Ave	2nd Fri and 4th Sat of every month 9 am – 11 am	(612) 321-1967 / marygreg@usinternet.com	<a href="http://communitybridgempls.org/community-meals-and-food-pantry/">http://communitybridgempls.org/community-meals-and-food-pantry/</a>	Walk-ins available- Deliveries call this number (612) 321-1967	Not right now	Donate at <a href="http://www.communitybridgempls.org/ways-to-give/">www.communitybridgempls.org/ways-to-give/</a> Other specific needs include insulated bags or coolers to preserve food, fresh produce, meat, and toilet paper.
Community Covenant Church Food Shelf	901 Humboldt Ave N	3rd Wed of every month 12 pm – 1:30 pm	(612) 374-3935	<a href="https://cccminneapolis.org/outreach/">https://cccminneapolis.org/outreach/</a>			Financial donations are preferred.
Community Emergency Service Neighborhood Food Shelf	1900 11th Ave S	Mon thru Wed 1 pm – 4 pm <i>Friday produce distribution 1 pm – 3 pm</i>	(612) 870-1125 / ces@cesmn.org	<a href="http://www.cesmn.org">www.cesmn.org</a>	Walk-ins available	Yes, especially Spanish or Somali-speakers during food shelf hours. Visit <a href="http://www.cesmn.org/help/volunteer/become-a-volunteer">www.cesmn.org/help/volunteer/become-a-volunteer</a> .	Financial donations are preferred. Donate at <a href="https://cesmn.org/donation-form/">https://cesmn.org/donation-form/</a> We do not accept clothing donations. Other specific needs include fresh produce, personal hygiene items, toilet paper, rice, cooking oil, shampoo, conditioner, sugar, and dry beans.
Flourish Food Market (Plant-based food shelf)	3501 Aldrich Ave S	Wed 1 pm - 3pm	(651) 280-5232				
Food in the 'Hood (North Mpls location)	2827 Newton Ave N	2nd and 4th Thur of every month 5 pm – 7 pm	(612) 217-4003 / shawn@goodinthehood.org	<a href="http://www.goodinthehood.org/Our-Programs/Feeding-the-Future/Food-in-the-Hood">http://www.goodinthehood.org/Our-Programs/Feeding-the-Future/Food-in-the-Hood</a>	Primarily serves clients within 200% of federal poverty guidelines	Looking for volunteers for packing and distribution support, Spanish speaking volunteers appreciated. Visit <a href="https://www.goodinthehood.org/volunteer/">https://www.goodinthehood.org/volunteer/</a>	Financial donations are preferred. Donate at <a href="http://www.goodinthehood.org/donate-now/">www.goodinthehood.org/donate-now/</a> or mail a check made out to Good in the 'Hood to 2101 Chicago Ave S Minneapolis, MN 55404. Meat, personal hygiene items, toilet paper, halal items, kosher items, and single serving nonperishable pre-packaged food for the unsheltered are also appreciated.
Friendship Community Services	2600 38th St E	2nd and 4th Sat of every month 9 am – 1 pm	FoodHub@greatfriend.org	<a href="http://www.friendshipcommunityservices.org">www.friendshipcommunityservices.org</a>			
Glendale Food Shelf	92 Saint Mary's Ave	Mon and Thur 11 am – 3 pm Tues and Wed 2 pm – 6 pm	(612) 342-1954	<a href="https://www.esns.org/metrofoodprograms">https://www.esns.org/metrofoodprograms</a>	Must be a resident of Glendale Town Homes & income must be at or below 300% of federal poverty guidelines (self-declared).	Not right now	Personal hygiene items, toilet paper, and halal items are appreciated. Money donations can be made on <a href="http://www.esns.org/donate">www.esns.org/donate</a>

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Good Works Food Shelf	697 13th Ave NE	Tues 11 am – 1 pm; Wed 6 pm – 7 pm (by appointment only); Fri 4 pm – 5:30 pm  Ethnic Food Pantry: 1st and 3rd Thurs of every month, 5 pm – 6:30 pm	(612) 788-4829 / info@rescuenowservices.org	<a href="http://www.goodworksfoodshelf.org">http://www.goodworksfoodshelf.org</a>		Yes, individuals and groups of 2-5 are welcome, especially Spanish speakers. Visit <a href="https://m.signupgenius.com/#1/showSignup/20f0d44acad2aa1f49-volunteer4">https://m.signupgenius.com/#1/showSignup/20f0d44acad2aa1f49-volunteer4</a>	Donate on website. Other specific needs include personal hygiene items, meat, and toilet paper.
Groveland Food Shelf	1900 Nicollet Ave S	Mon thru Fri 9:30 am – 12 pm, or as supplies last. <i>Deliveries available on a very limited basis.</i>	(612) 871-0277 / info@grovelandfoodshelf.org	<a href="http://www.grovelandfoodshelf.org">http://www.grovelandfoodshelf.org</a>		Not right now	Donate on website. Other specific needs include canned goods, personal hygiene items, toilet paper & meat.
Haven Community Food Pantry	710 West Broadway	Wed and Thur 11 am – 3pm	Director of Operations - Andrea Lee: (763) 245-2533		People in who live in the community can come once a week and other who live outside the community can come once a month.		Other than food, there is a lot of need for Toilet paper, paper towels, laundry soap, and diapers.
Horizons Unlimited Food Shelf at Division of Indian Work	1001 Lake St E	Mon/Tues/Wed & Fri 12 pm – 3 pm	(612) 279-6343	<a href="https://www.diw-mn.org/health">https://www.diw-mn.org/health</a>	Serves the American Indian community	Not right now	Donate at <a href="http://www.diw-mn.org/donate">www.diw-mn.org/donate</a> . Other specific needs include meat, toilet paper & spaghetti sauce
Harvest from the Heart	3801 Pleasant Ave S	Tues thru Fri 11 am – 4 pm Sat 10 am – 1 pm	(612) 822-2101 / help@harvestfromtheheart.org	In English: <a href="http://www.harvestfromtheheart.org">www.harvestfromtheheart.org</a> En español: <a href="http://www.cosechadelcorazon.org">www.cosechadelcorazon.org</a>	serves everyone regardless of income or zip code, NO ID requirements	Spanish speaking staff and volunteers	Donate on website. In need of funds to purchase freezers for cold food storage.
Isuroon Halal Food Shelf	1600 Lake St E, Suite 1	Tues thru Thur 10 am – 3pm	(612) 866-2731	<a href="https://www.isuroon.org/food-shelf">https://www.isuroon.org/food-shelf</a>	Home delivery also available		
Jericho Food Shelf	1628 33rd St E	Mon thru Thur 1:30 pm – 4:30 pm; Fri 10 am – 12 pm & 1:30 pm – 3 pm	(612) 455-1193 / jeff@jerichoroad.us	<a href="https://www.jerichoroad.us/programslabels">https://www.jerichoroad.us/programslabels</a>		Not right now	Donate at <a href="http://www.jerichoroad.us/donations">www.jerichoroad.us/donations</a> or mail a check made out to Jericho Road to 1628 E 33rd St, Minneapolis, MN 55407.
Joyce Uptown Food Shelf	3041 Fremont Ave S	Mon and Tues 9 am – 5 pm; Thur 11 am – 7 pm; Sat 9 am – 2 pm	(612) 825-4431 / info@joyceuptownfoodshelf.org	<a href="https://www.joyceuptownfoodshelf.org/">https://www.joyceuptownfoodshelf.org/</a>	Client choice by appointment. Emergency food bags available for walk-ins. See website for more information.	Yes, especially Spanish speakers. Visit <a href="https://www.signupgenius.com/go/8050b4ca5a723a7fb6-joyce">https://www.signupgenius.com/go/8050b4ca5a723a7fb6-joyce</a>	Financial donations are preferred. Donate on website. Other specific needs include household and personal hygiene items such as tampons, toothbrushes, toothpaste, and diapers.
Little Kitchen Food Shelf	1500 6th St NE	Tues and Thur 6 pm – 7:30 pm Wed and Fri 10 am – 12 pm	(612) 788-2444 / admin@gracnempls.org	<a href="http://gracnempls.org/community-services/little-kitchen-food-shelf/">http://gracnempls.org/community-services/little-kitchen-food-shelf/</a>	New clients must pre-register by calling 612-788-2444 between 9 and 11 am Mon - Fri (in person registration not available).	Volunteers (individuals and groups of 2-5 are welcome) are needed Mon - Fri. Call 612-788-2444 or email <a href="mailto:admin@gracnempls.org">admin@gracnempls.org</a> to sign up.	Financial donations are preferred. Donate at <a href="http://www.gracnempls.org/give">www.gracnempls.org/give</a> or call 612-788-2444. Canned goods, fresh produce, meat, personal hygiene items, toilet paper, halal & kosher items, milk, eggs, butter, bread, diapers, laundry & dish soap, pet food, and disposable masks and gloves for volunteers are also appreciated.
Minneapolis Central Church of Christ Food Shelf	1922 4th Ave N	Sat 11 am – 2 pm <i>Please call to confirm hours of operation</i>	(612) 374-5481	<a href="https://www.mccofchrist.org/outreach">https://www.mccofchrist.org/outreach</a>			
Minnehaha UMC Food Shelf	3701 50th St E	Tues 10 am – 3 pm	(612) 721-6231	<a href="http://minnehaha.org/foodshelf.html">http://minnehaha.org/foodshelf.html</a>	Serves clients living between Cedar Ave W & the Mississippi River, and between Highway 62 and Lake St, though no one will be turned away.	1-2 Spanish speaking volunteers. Contact <a href="mailto:foodshelf@minnehaha.org">foodshelf@minnehaha.org</a>	Fresh produce, meat, and personal hygiene items.
MinneHarvest	3701 50th St E	4th Sat of every month 7:30 am – 10 am <i>3rd Sat on holiday weekends - December &amp; November</i>	Renee Beymer: (612) 722-1782 janos3@juno.com	<a href="https://www.minnehaha.org/foodministries.html">https://www.minnehaha.org/foodministries.html</a>		Yes, Contact: Renee Beymer: 612-722-1782 (phone) janos3@juno.com (email)	
New Creation Baptist Church Food Shelf	1414 48th St E	Sat 10 am – 2 pm	(612) 825-6933	<a href="https://newcreationbaptistchurchmn.org/food-shelf">https://newcreationbaptistchurchmn.org/food-shelf</a>	Available to anyone that lives in Twin Cities, walk-ins welcome	Yes, Spanish speakers appreciated. Email <a href="mailto:newcreation1414@gmail.com">newcreation1414@gmail.com</a>	Financial contributions are preferred. Personal care and laundry items are also appreciated.
New Creations Ministries Mother Jeanette Frazier Food Shelf	5144 13th Ave S	Mon 5:30 – 7 pm <i>and by appointment</i>	(612) 202-0739	<a href="http://newcreationsministries.com/food-shelf/">http://newcreationsministries.com/food-shelf/</a>	Clients can visit once a week. If unable to visit food shelf during regular hours, call 612-202-0739 to make an appointment.	Yes, contact Brenda Granison at 612-202-0739 or <a href="mailto:bgranison54@msn.com">bgranison54@msn.com</a>	Donate by mailing a check made out to New Creations Ministries to 5144 13th Ave S Minneapolis, MN 55417 or call 612-202-0739 for Givelify app instructions.
NorthPoint Health & Wellness Center Food Shelf	1835 Penn Ave N	Mon thru Thur 10 am – 4 pm	(612) 767-0325	<a href="http://www.northpointhealth.org/community-food-shelf">http://www.northpointhealth.org/community-food-shelf</a>	All are welcome. You may visit once per month. If you are unable to visit, you may send someone to pick up food for you. If you are a helping professional, you can pick up food.	Yes	Yes, need financial donations

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Sabathani Community Center Food Shelf	310 38th St E, lower level, room 20	Mon thru Thur 9:30 am – 3 pm	(612) 821-2396	<a href="http://www.sabathani.org/">http://www.sabathani.org/</a>		Yes, Spanish speakers appreciated. Visit <a href="http://www.signupgenius.com/go/9040449AAA62CA6FB6-sabathani">www.signupgenius.com/go/9040449AAA62CA6FB6-sabathani</a>	Personal hygiene items, toilet paper, canned goods, and fresh produce are appreciated.
Salvation Army N.E.E.D. Office Food Shelf	2727 Central Ave NE	Mon thru Fri 8 am – 3:30 pm <i>Tues is 1 pm – 3:30 pm only</i>	(612) 789-1512	<a href="http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/">http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/</a>	Please call ahead to make an appointment, but can accommodate walk-ins	Visit website or call 612-789-1512 to sign up	Financial donations are appreciated
The Salvation Army Parkview Corps Food Shelf	2024 Lyndale Ave N	Mon thru Wed 9 am – 11 am <i>Currently operating by appointment only</i>	(612) 522-6581	<a href="http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/">http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/</a>	New clients must provide a photo ID and piece of mail as proof of address; only serving clients living in the following zip codes: 55401, 55402, 55403, 55405, 55411, 55412, 55413, 55418, 55430	Call 651-746-3426 to sign up; background check required	Yes, specifically non-perishable foods and personal hygiene items. To donate, call headquarters at 651-746-3400.
Senior Food Shelf	1801 Central Ave NE	Mon thru Fri 9:30 am – 1 pm <i>Delivery also available.</i>	(612) 788-9521 / gwilliams@esns.org	<a href="https://www.esns.org/metrofoodprograms">https://www.esns.org/metrofoodprograms</a>	55 and over living in Hennepin county	Yes, call 612-788-9521	Donate at <a href="http://www.esns.org/">www.esns.org/</a> or mail a check. Canned goods, personal hygiene items, and toilet paper are also appreciated.
The Sanneh Foundation	See website	See website	See Website	<a href="https://secureservercdn.net/198.71.233.216/6xe.daa.myftpupload.com/wp-content/uploads/2022/05/2022-summer-food-distro-english-version.pdf">https://secureservercdn.net/198.71.233.216/6xe.daa.myftpupload.com/wp-content/uploads/2022/05/2022-summer-food-distro-english-version.pdf</a>			
Sharing & Caring Hands Food Shelf	525 7th St N	Mon thru Thur 10 am – 11 am & 12:45 pm – 1:15 pm	(612) 338-4640	<a href="http://www.sharingandcaringhands.org/day-services">http://www.sharingandcaringhands.org/day-services</a>			Yes, specifically personal hygiene items
Shiloh Cares Food Shelf	1201 West Broadway	Wed thru Fri 10 am – 3 pm <i>Arrive by 2:30 pm for service that day</i>	(612) 302-1463	<a href="http://facebook.com/ShilohCaresFoodShelf/">http://facebook.com/ShilohCaresFoodShelf/</a>	To register for Shiloh Cares Food Shelf the intake takes 2-3 minutes on same day. Clients can return to shop for food once per week.	Yes, especially Spanish and Somali speakers. Email <a href="mailto:shilohcaresfood@gmail.com">shilohcaresfood@gmail.com</a>	Financial contributions are preferred at <a href="http://www.paypal.com/donate?hosted_button_id=JGVVNZNK3YN8">www.paypal.com/donate?hosted_button_id=JGVVNZNK3YN8</a> . Fresh produce is also appreciated.
Simpson Food Pantry (SUMC)	2740 1st Ave S	Tues 9 am produce distribution Wed 9:30 am – 12 pm 2nd and 4th Fri 9:30 am – 12 pm	(612) 874-7741	<a href="http://www.simpsonchurchmn.org/789905">http://www.simpsonchurchmn.org/789905</a>		Not right now	Financial donations are preferred. Canned goods, meat, personal hygiene items, toilet paper, and kosher items are also appreciated.
St. Olaf Catholic Church Samaritan Ministry Food Shelf	215 8th St S	Mon thru Wed 9 am – 11 am <i>or call for appointment</i>	(612) 332-7471	<a href="http://www.saintolaf.org/index.aspx">http://www.saintolaf.org/index.aspx</a>		Volunteers needed Mon, Tue and Wed mornings and afternoons. All volunteers working one-on-one with guests require a background check, interview, orientation and ongoing training. Call 612-767-7632 to sign up.	Financial donations are preferred. Food: high protein items; canned meat or tuna; peanut butter; beans; canned fruits and vegetables; hearty soups, chili, stew; snack items such as granola bars, raisins, nuts; individual gelatin or fruit cups
Substance Church - Love this City	101 Grant St E	Sunday 1:30 pm – 3:30 pm		<a href="http://substancechurch.com/lovethiscity">substancechurch.com/lovethiscity</a>		Volunteers always welcome, set up begins at 12:30 pm every Sunday.	
The Aliveness Project Food Shelf	3808 Nicollet Ave S	Mon/Tues/Fri 10 am – 2:30 pm; Wed 10 am – 6:30 pm	(612) 822-7946	<a href="https://aliveness.org/member-services/">https://aliveness.org/member-services/</a>	Must be living with HIV/AIDS, please call ahead for an appointment	Inquire with the Volunteer Manager at (612) 822-7946, ext. 221	Food, hygiene items, cleaning supplies, and masks may be dropped off MWF 10-3 in addition to financial donations, which can be made at <a href="http://aliveness.org">aliveness.org</a> . Thank you!
The Camden Collective	4150 Dupont Ave N	Sat 1 pm – 3:00 pm	Anna Gerdeen: (763) 498-3599	<a href="https://thecamdencollective.org/food-distribution/">https://thecamdencollective.org/food-distribution/</a>	This is a drive thru, walk up food distribution. We always have fresh produce in addition to other fresh items and non-perishables which change from week to week.	Yes, Saturdays. Sign up here: <a href="https://www.signupgenius.com/go/10c0c45acad2aa5f4cf8-2022">https://www.signupgenius.com/go/10c0c45acad2aa5f4cf8-2022</a>	
Waite House Food Shelf	2323 11th Ave S	Mon 12 pm – 4 pm; Tues 10 am – 12 pm & 1 pm – 4 pm; Thur 10 am – 12 pm & 1 pm – 4 pm	(612) 721-1681	<a href="http://www.puc-mn.org/waite-house">www.puc-mn.org/waite-house</a>	Walk-ins available; new clients will be asked to complete a brief registration process	Not right now	Financial donations are preferred. Donate at <a href="http://www.pillsburyunited.org/donate/">www.pillsburyunited.org/donate/</a> or send a check to 125 West Broadway Ave, Minneapolis, MN 55411. Other specific needs include cleaning supplies and personal hygiene items, diapers, and over the counter medicine

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<b>Other Food Security Resources</b>							
Corcoran Park Food Distribution	3334 20th Ave S	Fri 2 pm – 4 pm	Jenn Hudson: (602) 571-6267			Yes, especially Spanish speakers. Visit <a href="https://thesannehfoundation.org/get-involved/">https://thesannehfoundation.org/get-involved/</a>	Financial contributions are preferred. Household items and meat are also appreciated.
Partnership Academy Food Distribution	6500 Nicollet Ave S	Every other Sat 3 pm – 5 pm	Katie Herrick: (715) 501-8203				
Salvation Army South Office Food Shelf	1604 Lake St E	<i>Currently operating by appointment only.</i> Mon 2 pm – 3:30 pm Tues 9 am – 11 am Wed 1 pm – 3 pm Thur 9 am – 11 am	(612) 721-1513	<a href="http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/">http://salvationarmynorth.org/community/twin-cities-metro/community-pages/where-to-get-food-help/</a>	Please call 612-767-2700 or 612-767-2707 to schedule an appointment. If no answer, leave a voicemail with your contact information.	Need volunteers comfortable coming into building (there won't be much interaction with people). Call 612-767-2707 to sign up.	Yes, specifically non-perishable foods and personal hygiene items
SEWA AIFW Meal and Grocery Delivery	3702 Lake St E, Ste 300	Mon thru Fri	meals@sewa-aifw.org	<a href="https://sewa-aifw.org/what-we-do/programs-for-seniors/">https://sewa-aifw.org/what-we-do/programs-for-seniors/</a>	delivery of meals and groceries for seniors	Yes	
Soup For You!	2511 Franklin Ave E	Mon thru Fri 12 pm – 1 pm	612-978-7974 / soupforyou@gmail.com	<a href="https://soupforyou.info/">https://soupforyou.info/</a>	Free soup and sides served at your table, plus usually groceries available, especially Wednesdays.		Yes, see <a href="https://soupforyou.info/donations/">https://soupforyou.info/donations/</a> for details.
Source MN	2609 Stevens Ave - Fallout Urban Arts Center	Wed 3 pm – 6:30 pm Sat 9:30 am – 11 am	(612) 822-5200 / info@sourcemn.org	<a href="http://sourcemn.org/food">sourcemn.org/food</a>		Yes! Our volunteer times are Wednesdays 1-3pm, 3-5pm, and 5-7pm, Fridays 1-3pm, 3-5pm, and 4-6pm, and Saturdays 9-11:30am. volunteer@sourcemn.org	Yes, see <a href="http://sourcemn.org/food">sourcemn.org/food</a> for details