

# Spring 2024 Food Resources in Duluth

Version #14

\*See corresponding list below



Eco3 LNP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	6	6	6	6	6	6	6
<b>Lunch</b>		6, 9, 12, 15, 17	9, 12, 15, 17	6, 9, 12, 15, 17	9, 12, 15, 17	6, 9, 12, 15, 17	
<b>Dinner</b>	6	3, 7, 8, 12, 17	3, 7, 8, 12, 17	3, 7, 8, 12, 17	3, 7, 8, 12, 17	3, 7, 8, 12, 17	6
<b>Groceries/ Delivery/ Food Pick-up</b>	2	2, 5, 9, 12, 15	2, 5, 9, 11, 12, 13, 16	2, 5, 8, 9, 12	2, 5, 8, 9, 12, 13, 15	2, 5, 8, 9, 12	2, 11

### Key

- Resources for seniors/older adults
- Resources for youth
- Resources for all ages
- Resources for SNAP card holders

	Organization	Description	Location	Days	Hours	Phone
1	<a href="#">AgeWell Arrowhead</a>	Groceries-To-Go	Suite 10 Alworth Building, 306 W Superior St. Duluth, MN 55802	Daily	Call to schedule your delivery	218-623-7800
2	<a href="#">AEOA</a>	Hot meal take-out for ages 60+ (\$4.50 suggested donation) Take-out frozen meals Saturday and Sunday. Must register.	Lincoln Park Center - 2014 W 3rd St Duluth MN 55806 (in the back alley behind Lincoln Park Center)	Monday - Friday Saturday, Sunday	9:00AM - 12:00PM	218-727-4321
3	<a href="#">Boys and Girls Club of the Northland</a>	Hot meals and snacks offered to club members.	2407 W 4th St. Duluth, MN 55806	Monday - Friday	2:30PM - 8:00PM	218-725-7706
4	<a href="#">CAD Mobile Market</a>	Mobile community grocery store. Preorder online, over the phone, or shop in person! 50% discount on produce with EBT. \$4 discount on produce for anyone under 18 or 60 and older. Check online for additional dates and locations.	<b>Downtown</b> - Rainbow Center - 211 N 3rd Ave E Located inside the common room <b>Lincoln Park</b> - Community Action Duluth - 2424 W 5th St Located downstairs and accessible off of 25th Ave <b>New Duluth</b> - Heritage Apartments - 700 Commonwealth Ave Open to residents only. If you are not a resident, please pre-order for pickup Vintage Acres - 501 W Stowe St Located in the community building	Thursday, March 7th Thursday, March 26th Thursday, March 24th Tuesday, March 12th Thursday, March 28th	12:00PM - 1:30PM 11:00 AM - 1:00PM 12:00PM - 1:00PM 2:00PM - 3:00PM	218-726-1665 ext: 222
5	<a href="#">CHUM Emergency Food Shelf</a>	First come first serve food pick-up CHUM To-Go Program: delivery for those who are homebound/ unable to leave home.	120 N 1st Ave West Duluth, MN 55802 4831 Grand Ave Duluth, MN 55807 <b>Mobile Food Drops</b> - Steve O'Neil Apartments Midtown Manor Rainbow Center at Tri-Towers St. Francis Apartments	Wednesday & Friday Monday Every other Thursday 1st Tuesday 2nd Tuesday 3rd Tuesday 4th Tuesday	10:00AM - 12:00PM 10:00AM - 12:00PM 10:00AM	218-727-2391 218-727-2391 ext: 4 ask for April

\*Check [www.communityactionduluth.org/mobile-market](http://www.communityactionduluth.org/mobile-market) for upcoming monthly market dates & times

\*For bus route information to these locations, please call 218-722-7283

Organization	Description	Location	Days	Hours	Phone
6 <a href="#">Damiano Center-Community Kitchen</a>	Free dine-in meals	206 W 4th St. Duluth, MN 55806	Everyday Monday, Wednesday, Friday Friday, Saturday, Sunday	Breakfast: 8:30AM-9:30AM Lunch: 11:30AM-1:00PM Dinner: 5:00PM-6:00PM	218-722-8708
7 <a href="#">Damiano Center-Kids Kitchen</a>	Daily activities and homework help (dinner served at 4:30PM)	206 W 4th St. Duluth, MN 55806 (lower level-use 2nd Ave W entrance)	Monday - Thursday	2:30PM - 5:30PM Meal @ 4:30PM	218-336-1033
8 <a href="#">Duluth Area YMCA</a>	Healthy snack	Gary New Duluth Rec Center - 801 101st Ave W. Duluth 55808	Monday - Thursday	2:30 PM	218-722-4745 ext: 120
	Healthy meals and snack	Harbor Highlands Community Center - 28 E Village View Dr. Duluth 55806	Monday - Friday	3:00PM - 5:30PM	
	Meal kits (2 meals for family of 4)	Duluth Area Family YMCA- 302 W 1st St. Duluth 55802 Hermantown YMCA Essentia Wellness Center - 4289 Ugstad Rd. Hermantown 55811	Wednesday Thursday	4:00PM - 5:30PM	
9 <a href="#">Duluth Harbor Mission</a>	Drop-in meals and snack pack pick up. Children should be accompanied by an adult.	2910 W 3rd St. Duluth, MN 55806	Monday - Friday	Snack pack pick up: 10:00AM - 2:00 PM Drop in meals: 10:00AM - 1:30PM	218-481-7400
10 <b>Free Meals For Kids</b>	A listing of different meal sites	Download the Free Meals For Kids app from the Apple Store or Google Play	24/7/365	N/A	N/A
11 <a href="#">Fruit of the Vine Food Shelf</a>	First come first serve food shelf box prepackaged based on household size. Guests may also choose their own groceries inside. Produce giveaway	1533 W Arrowhead Rd. Duluth, MN 55811	Tuesday	6:00PM - 8:00PM	218-525-3462
			Saturday	9:30AM - 11:30AM	
			4th Friday of the month	9:30AM - 10:30AM	
12 <a href="#">Life House Youth Center</a>	Free dine-in meals and access to food pantry.	102 W First St. Duluth, MN 55802	Monday, Tuesday, Thursday, Friday	Ages 18-24. Lunch: 11:00AM-1:30PM	218-722-7431
			Wednesday	Ages 18-24. Lunch: 12:00AM-1:30PM	
			Monday - Friday	Ages 14-20. Dinner: 3:00PM-6:00PM	
13 <a href="#">Ruby's Pantry Coppertop</a>	Drive up food pantry. \$25 donation for 2 boxes of food. Bring your own boxes.	230 E Skyline Pkwy Duluth, MN 55811	3rd Thursday of the month	Registration: 4:30PM Food Bundles: 4:30PM-6:30PM	651-674-0009
14 <a href="#">Ruby's Pantry Hermantown</a>	Drive up food pantry. \$25 donation for 2 boxes of food. Bring your own boxes.	5007 Maple Grove Rd, Hermantown, MN 55811	2nd Tuesday of the month	Registration: 4:30PM Food Bundles: 5:00PM-6:30PM	651-674-0009
15 <a href="#">Salvation Army</a>	Weekday hot lunch	215 S 27th Ave W, Duluth, MN 55806	Monday - Friday	11:30AM-12:30PM	218-722-7934
	Food Shelf		Monday, Thursday	1:30PM - 4:00PM	
	<b>Medical food shelf</b> - Available for people with special dietary needs. A medical referral is required. Call to schedule an appointment.		Wednesday (By appointment)	1:30PM - 3:00PM	
16 <a href="#">Second Harvest Food Shelf</a>	Drive-thru food distribution (limit to one visit a month per household)	4503 Airpark Blvd, Duluth, MN 55811	Tuesday	10:00AM - 1:30PM	218-727-5653 ext: 119
17 <a href="#">Union Gospel Mission</a>	Free weekday hot lunch and dinner	219 E 1st St. Duluth, MN 55802	Monday - Friday	Lunch: 12:00PM - 1:00PM	218-722-1196
			Monday - Thursday	Dinner: 4:30PM - 5:30PM	

For more information on resources in Duluth, visit <https://resourceful.findhelp.com/>

\*This data is subject to change. Check online or call organizations directly for their most updated programming and schedules.