






2025 Food Resources in Duluth, MN

Version #19.1 - Fall 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	6 9	6 9 18	6 9 18	6 18	6 9 18	6 9 18	6 9 11 14	 Eco3 LNPK Key  For seniors/older adults  For youth  For all ages  For SNAP card holders
Lunch	6 9	6 8 9 12 16 18	8 9 12 16 18	6 8 9 16 18	8 9 12 16 18	6 8 9 12 16 18	6 9	
Dinner	6 9 13	6 9 18	6 9 13 18	6 9 13 18	6 9 13 18	6 9 13 18	6 9 13	
Groceries/ Delivery/ Food Pick-Up		2 3 5 7 16	1 2 3 4 4 7 10 15 17	1 2 3 4 4 5 7 16	1 2 3 4 4 5 7 16	2 3 5 7	10	

Organization	Description	Location	Days	Hours	Phone
1 AgeWell Arrowhead	Groceries-To-Go (shopping and delivery)	Groceries-To-Go (shopping and delivery)	Tuesdays (place orders), Wednesdays, Thursdays (deliveries)	Call to enroll and schedule your pick-up	218-623-7800
2 AEOA	Hot Meals delivered to the homebound M-F. Frozen meals available for Saturday and Sunday. Must Register. Call to register. \$4.50 suggested donation. 60+	Lincoln Park Center: 2014 W 3rd St. Duluth, MN 55806 (in the back alley behind Lincoln Park Center)	Monday - Friday (hot meals) Saturday - Sunday (frozen meals)	8:00AM - 1:00PM	218-735-6899
3 Boys and Girls Club of the Northland	Care packages (non-perishable foods) as needed	2407 W 4th St. Duluth, MN 55806	Monday - Friday	NOON - 6:00PM (summer); 2:30PM - 8:00PM	218-725-7706
4 4 Community Action Duluth (CAD) Mobile Market	Mobile grocery store. Preorder online, by phone, or shop in person! 50% off produce with EBT. Check online for specific dates, times, and locations.	Lincoln Park; Downtown, Gary-New Duluth; Hillside	Wednesday (twice monthly)	Check communityactionduluth.org/mobile-market for upcoming monthly market dates, times	218-726-1665 x224
		Delivery Days (multiple zip codes)	Wednesday (twice monthly)		218-726-1665 x226
4 4 Community Action Duluth		Farmers Markets	Tuesday, Thursday		218-726-1665 x227
5 CHUM Emergency Food Shelf	First come first serve food pick-up	Chum Food Shelf: 120 N 1st Ave, Duluth, MN 55802	Wednesday, Friday	10:00AM - NOON	218-727-2391
		Our Saviors Lutheran Church: 4831 Grand Ave, Duluth, MN 55807	Mondays	10:00AM - NOON	218-727-2391
	CHUM2GO - For those with disabilities, large families, seniors, and people who do not have access to transportation	Delivery Program: sign up at chumduluth.org/foodshelf	1st and 3rd Thursday of each month	10:00AM - NOON	218-720-6570 x4, ask for April
6 Damiano Center-Community Kitchen	Free meals (dine in lunch)	206 W 4th St. Duluth, MN 55806	Daily	Breakfast: 8:30AM - 9:30AM	218-722-8708, 218-726-0500
			Monday, Wednesday, Friday, Saturday, Sunday	Lunch: 11:30AM - 1:00PM	218-722-8708, 218-726-0500
			Friday, Saturday, Sunday	Dinner: 5:00PM - 6:00PM	218-722-8708, 218-726-0500

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6	Damiano Center-Kids Kitchen	Daily activities and homework help (dinner served at 4:00PM)	206 W 4th St, Duluth, MN 55806 (lower-level, use 2nd Ave W entrance)	Monday - Thursday	2:30PM - 5:30PM, Meal Served 4:00PM	218-336-1033
7	Duluth Area YMCA	Drop-in healthy meals and snacks	Harbor Highlands Community Center: 28 E Village View Dr, Duluth, MN 55806	Monday - Friday	1:00PM - 5:00PM Snack: 4:30PM	218-722-4745 x120
		Meal kits (2 meals for family of 4)	Hermantown YMCA Essentia Wellness Center: 4289 Ugstad Rd, Hermantown, MN 55811	Thursdays	4:00PM - 5:30PM	218-722-4745 x120
8	Duluth Harbor Mission	Drop in meals and snack pack pick up	2910 W 3rd St, Duluth, MN 55806	Monday - Friday	Snack Pack: 9:00AM - 3:00PM (for unhoused individuals) Breakfast: 8:30AM-10:45AM	218-481-7400
				Monday - Friday	Lunch: 11:00AM-1:00PM Drop in: 8:30AM - 3:00PM	218-481-7400
9	Free Meals for Kids	Mobile app with listings of different meal sites	Find the Free Meals for Kids in the app store on your phone	N/A	N/A	N/A
10	Fruit of the Vine Food Shelf	Guests may choose their own groceries inside.	1533 W Arrowhead Rd, Duluth, MN 55811	Tuesday	6:00PM - 8:00PM	218-525-3462
				Saturday	9:30AM - 11:30AM	218-525-3462
11	Gloria Dei Lutheran Church	Breakfast on the 4th Saturday of the month	219 N. 6th Ave. E., Duluth, MN 55805	4th Saturday of the month	9:00AM - 10:30AM	218- 722-3381
12	Life House Youth Center	Free dine in meals and access to food pantry. Ages 14-24.	102 W First St, Duluth, MN 55802	Monday, Tuesday, Thursday, Friday	Lunch: 11:00AM - 1:00PM Dinner: 3:00PM-6:00PM	218-722-7431
13	Loaves and Fishes	Meal served at 5 PM on W, F, Sun at Olive Branch (for women and children).	Olive Branch. 1614 Jefferson St, Duluth, MN 55812	Wednesday, Friday, Sunday	5:00 PM	218-728-0629
		Meal served at 6PM T, TH, Sat at Dorothy Day House.	Dorothy Day House. 1712 Jefferson St, Duluth, MN 55812	Tuesday, Thursday, Sunday	6:00 PM	218-728-0629
14	Our Savior's Evangelical Church	Breakfast is served every 4th Saturday of the month.	4831 Grand Ave, Duluth MN 55807	4th Saturday of the month	9:00AM - 10:30AM	218-624-3648
15	Ruby's Pantry Coppertop	Drive up food pantry, \$25 donation for 2 boxes of food, bring your own boxes	First United Methodist Church: 230 E Skyline Pkwy, Duluth, MN 55811	3rd Thursday of the month	Register: 4:30PM; Food Bundles: 4:30PM - 6:00PM	218-727-5021
15	Ruby's Pantry Hermantown	Drive up food pantry, \$25 donation for 2 boxes of food, bring your own boxes	Peace in Christ Lutheran Church: 5007 Maple Grove Rd, Hermantown, MN 55811	2nd Tuesday of the month	Register: 4:30PM; Food Bundles: 5:00PM - 6:30PM	651-674-0009
16	Salvation Army	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 - 3:45PM	218-722-7934
		Medical food shelf available for people with special dietary needs. A medical referral is required. Call to schedule an appointment.		Wednesday	1:30PM - 3:00PM	218-722-7934
17	Second Harvest Northland	Food shelf and drive-thru food distribution	2302 Commonwealth Ave, Duluth, MN 55808	Tuesday, Friday	10:00AM-1:00PM	218-727-5653
18	Union Gospel Mission	Free weekday hot lunch and dinner	219 E 1st St, Duluth, MN 55802	Monday - Friday	Breakfast: 9:00AM - 10:30AM	218-722-1196
				Monday - Friday	Lunch: NOON - 1:00PM	218-722-1196
				Monday - Thursday	Dinner: 4:30PM - 5:30PM	218-722-1196

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

For bus route information, please call the Duluth Transit Authority at 218-722-7283

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