2026 Food Resources in Duluth, MN

Version #22 - Winter 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	6	6 7 16	6 7 16	6 7 16	6 7 16	6 7 16	6 9 13
Lunch	6	6 7 11 14 16	7 11 14 16	6 7 11 14 16	7 11 14 16	6 7 11 14 16	6
Dinner	6 12	5 6 16	6 10 11 12 16	6 10 11 12 16	6 10 11 12 16	6 10 11 12	6 12
Groceries/Delivery/ Food Pick-Up	1	1 2 3 4 11 14	1 3 8 10 11 15	1 2 3 4 5 11 14	1 2 3 4 5 10 11 14	1 3 4 11 15	8

Eco3 LNPK

Key

- For seniors/ older adults
- For youth
- For all ages
- For SNAP card holders

	Organization	Description	Location	Days	Hours	Events	Phone
1	AEOA	Hot meals delivered to those homebound M-F. Frozen meals available for Saturday and Sunday. Must register. Call to register. $5.00 suggested donation. 60+	Lincoln Park Community Center: 2014 W 3rd St, Duluth, MN 55806 (in the back alley behind Lincoln Park Community Center)	Monday - Friday (hot meals) Saturday - Sunday (frozen meals)	8:00 AM - 1:00 PM		218-735-6899
2	AgeWell Arrowhead	Groceries-To-Go (shopping and delivery).	Based in Duluth, MN and typically serve people within a 20 mile radius in cities such as Duluth, Hermantown, Proctor, and Superior. Find more details on https://www.agewellarrowhead.com/grocery or call.	Sundays, Mondays (place orders), Wednesdays, Thursdays (deliveries)	Call to enroll and schedule your delivery		218-623-7800
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 - 6:00 PM (summer); 2:30 PM - 8:00 PM		218-725-7706
4	CHUM Emergency Food Shelf	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	10:00 AM - NOON		218-720-6570 x4, ask for April
		First-come, first-served food pick-up.	Chum Food Shelf: 120 N 1st Ave, Duluth, MN 55802	Wednesday, Friday	10:00 AM - NOON		218-727-2391
			Our Savior's Evangelical Church: 4831 Grand Ave, Duluth, MN 55807	Mondays	10:00 AM - NOON		218-727-2391
5	Community Action Duluth Mobile Market	Mobile grocery store. Preorder online, by phone, or shop in person!	Lincoln Park, Downtown, Gary-New Duluth	Thursdays	Check communityactionduluth.org/mobile-market for upcoming monthly market dates and times		218-726-1665 x224
			Delivery days (multiple zip codes)	Wednesdays			
6	Damiano Center- Community Kitchen	Free dine-in breakfast, lunch, and dinner.	206 W 4th St, Duluth, MN 55806	Daily	Breakfast: 8:30 AM - 9:30 AM	**Community Connect** Thursday, Jan 28, 2027 Time TBD	218-722-8708, 218-726-0500
				Monday, Wednesday, Friday, Saturday, Sunday	Lunch: 11:30 AM - 1:00 PM		
				Friday, Saturday, Sunday	Dinner: 5:00 PM - 6:00 PM		
6	Damiano Center- Kids Kitchen	Daily activities and homework help (dinner served at 4:00 PM)	206 W 4th St, Duluth, MN 55806 (lower-level, use 2nd Ave W entrance)	Monday - Thursday	2:30 PM - 5:30 PM, Meal Served 4:00 PM		218-336-1033

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7	Duluth Harbor Mission	Drop in meals.	2910 W 3rd St, Duluth, MN 55806	Monday - Friday	Breakfast: 9:30 AM - 10:30 AM Lunch: 11:00 AM - 1:00 PM	**Thanksgiving Dinner** Saturday, Nov 28 12:30 PM - 2:30 PM	218-481-7400
8	Fruit of the Vine Food Shelf	Guests may choose their own groceries inside.	1533 W Arrowhead Rd, Duluth, MN 55811	Tuesday	6:00 PM - 8:00 PM		218-525-3462
				Saturday	9:30 AM - 11:30 AM		
9	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	9:00 AM - 10:30 AM		218-722-3381
10 10	Lake Superior YMCA	Food shelf.	Harbor Highlands Community Center: 28 E Village View Dr, Duluth, MN 55806	Tuesday, Thursday	2:45 PM - 5:45 PM		218-722-4745 x120
		Healthy snack and meal for youth participants.	Harbor Highlands Community Center: 28 E Village View Dr, Duluth, MN 55806	Monday - Friday	School Year Hours: Snack: 3:00 PM - 3:30 PM, Dinner: 5:00 PM - 5:45 PM Summer Hours: Lunch: NOON - 1:00 PM, Snack: 3:30 PM - 4:00 PM		
		Meal kits (2 meals for family of 4).	Hermantown YMCA Essentia Wellness Center: 4289 Ugstad Rd, Hermantown, MN 55811	Thursdays	4:00 PM - 5:30 PM		
11	Life House Youth Center	Free dine in meals and access to food pantry. Ages 14-24.	102 W First St, Duluth, MN 55802	Monday - Friday	Youth ages 18 to 24 11:00 AM - 1:00 PM except Wednesday, which is NOON - 1:00 PM Youth ages 14 to 20 3:00 PM - 6:00 PM	**Rotary-Life House Thanksgiving Dinner** Tuesday, Nov 24 4:00 PM - 6:00 PM	218-722-7431 x117
12	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 6 PM T, TH, Sat at Dorothy Day House.	Dorothy Day House, 1712 Jefferson St, Duluth, MN 55812	Tuesday, Thursday, Saturday	6:00 PM		218-728-0629
13	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	9:00 AM - 10:30 AM	**Thanksgiving Food Bags Distribution** Monday, Nov 23 10:00 AM, first-come, first-served.	218-624-3648
14	Salvation Army	Food shelf.	215 S 27th Ave W, Duluth, MN 55806	Monday, Thursday	1:30 PM - 3:45 PM		218-722-7934
		Medical food shelf available for people with special dietary needs. A medical referral is required. Call to schedule an appointment.		Wednesday	1:30 PM - 3:30 PM		
		Weekday hot lunch.		Monday - Friday	11:30 AM - 12:30 PM		
15	Second Harvest Northland	Food shelf and drive-thru food distribution.	2302 Commonwealth Ave, Duluth, MN 55808	Tuesday, Friday	10:00 AM - 1:00 PM		218-727-5653
16	Union Gospel Mission	Free weekday hot lunch and dinner.	219 E 1st St, Duluth, MN 55802	Monday - Friday	Breakfast: 8:30 - 9:30 AM		218-722-1196
				Monday - Friday	Lunch: NOON - 1:00 PM		
				Monday - Thursday	Dinner: 4:30 PM - 5:30 PM		

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, including Christmas and New Year's holidays.**