

Food Resources

FARE FOR ALL:

Douglas County

Pollard Community Center
416 Main St E
Osakis MN 56360
320-859-2228
Contact: Gus Berninghaus
Distribution: Friday at 5:00 pm

Grant County

Elbow Lake Comm. Bldg.
117 Central Ave N
Elbow Lake MN 56531
218-685-4509
Contact: Mary Ann Erickson

Pope County

Family Center
219 1st St SE
Glenwood MN 56334
320-634-3909
Contact: Jeannie Pederson
Email: famcolab@runestone.net
Fax: 320-634-3909
Distribution: 4:15-5:30 pm (Friday)

Services: Food packages are available at a reduced cost on a monthly basis in return for 2 hours of volunteer work per food package purchased.

FOOD SHELF:

Browns Valley

316 Broadway
Browns Valley MN 56219
North side of Main St
320-695-2250
Contact: Helen or Dalores
Hours: 1:00-3:00 pm

Grant County

Hwy 79 E
Elbow Lake MN 56531
Elbow Lake Utilities Bldg.
218-685-4409 (Sharon)
218-685-6870 (Mike)
Hours: 9-11am (T & Th)

Pope Co Hearts & Hands

206 6th Ave NW
Glenwood MN 56334
Building Location
320-634-4394
Contact: Frank Schmaidinda
Hours: 2:30-4:30 pm (M & W) 9-11 am (Th)

Douglas County Outreach

402 12th Ave E
East of Knute Nelson Home
Alexandria MN 56308
320-763-6638 (for appt.)
Contact: Wally Bloom
320-762-8976 or 320-763-4023

Stevens County

701 Iowa Ave
Morris MN 56267
320-589-7436
Contact: Marlene Vogel

Traverse County

203 8th St N PO Box 46
Wheaton MN 56296
320-563-8555
Contact: Harold Tongen
Email: htongen@traversenet.com

MOTHERS AND CHILDREN (MAC):

Douglas County

Douglas Co Public Health
725 Elm St Suite 1200
Alexandria MN 56308
320-763-7805
Contact: Yvonne

Grant County

Community Building
117 Central Ave N
Elbow Lake MN 56531
218-685-4417

Stevens County

Senior Citizen's Center
603 Oregon Ave
Morris MN 56267
320-589-3142
Contact: Barb Kill
Email: killtb@fedteldirect.net
Fax: 320-589-3008

Services: Free food program for children up to age 6, pregnant women and women who have had a baby within the last year (breast-feeding or non-breast-feeding.) To qualify you must meet income guidelines, live in Minnesota, provide proof of age, and not be receiving WIC (it is possible for 1 family member to receive MAC and another WIC, but the same person cannot receive both.)

NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS):

Douglas County
809 Elm St Suite 1195
Alexandria MN 56308
320-762-3876
Contact: Reymie Van Surksun
Email: reymie.vansurksun@mail.co.douglas.mn.us
Fax: 320-762-3094

Stevens County
603 Oregon Ave
Morris MN 56267
320-589-3142 or 320-589-2951
Contact: Barb Kill
Email: killtb@fedteldirect.net
Fax: 320-589-3008

Grant County
Community Building
117 Central North
Elbow Lake, MN 56531
218-685-4417

Fergus Falls
1512 1st Ave N
Fergus Falls MN 56537
218-739-2528
Contact: Sue or Lyle
Fax: 218-739-7148

Services: Free food for seniors 60 yrs or older. Must meet income guidelines and be a Minnesota resident.

THE NUTRITION EDUCATION PROGRAM:

Website: www.extension.umn.edu

Douglas County Extension
720 Fillmore St Suite B090
Alexandria MN 56308
320-762-3890
Contact: Karen Block
Email: douglas@extension.umn.edu
Fax: 320-762-3871

Pope County Extension
130 E Minnesota Ave
Glenwood MN 56334
320-634-5735
Contact: Sharon Freeman
Email: pope@extention.umn.edu
Fax: 320-634-5736

Grant County Extension
411 1st St SE PO Box 1099
Elbow Lake MN 56531
218-685-4820
Contact: Catherine Anderson-Barnes
Email: grant@extension.umn.edu
Fax: 218-685-4817

Stevens/Traverse County Extension
210 Atlantic Ave PO Box 269
Morris MN 56267
320-589-7423
Contact: Laurie Giese and Kari Beran
Email: stevens@extension.umn.edu
Fax: 320-589-7440

Services: The Nutrition Education Program is located in each county's Extension Office. It provides free information and help with food budgeting and healthier eating for families, youth and individuals. Nutrition education assistants meet with people in their homes, Head Start classes & other locations.