

DINING & DELIVERY

AEOA Senior Dining at The Hub

- Monday through Friday at noon
- All ages welcome
- \$4.50 per meal for seniors over 60
- All others, \$8.00 per meal

Must sign up by 9:30am the day of the meal

The Hub, 218-387-2660

10 Broadway, Grand Marais

Senior Lunch at Birch Grove

- Every Wednesday, 11:30 to 12:30pm
- \$5 donation suggestion
- No reservation needed

Birch Grove Community Center

9 Good Neighbor Hill, Tofte

toftemn@boreal.org

Grand Portage Congregate

Lunches & Meal Delivery

- Monday through Friday
- 11:30am-12:30pm, all ages welcome
- Lunches can also be delivered
- Must sign up by 9am the day of the meal

Elderly Nutrition Program, 218-475-2655

Grand Portage Community Center

73 Upper Road, Grand Portage

Lutheran Social Services

Meals to Go

- Fourteen prepared, frozen meals
- Shipped anywhere in Minnesota
- About \$9 per meal, including shipping

Lutheran Social Services, 800-488-4146

DINING & DELIVERY CONT.

AEOA Meals on Wheels

- Lunches delivered from the Hub to Cook County adults 60+
- Fresh meals delivered Monday-Friday; frozen meals available for weekends
- Delivery within 5-mile radius of GM
- \$4.50 suggested donation per meal

The Hub, 218-387-2660

10 Broadway, Grand Marais

Lasagna Love

- Anyone welcome to participate
- Receive a volunteer made lasagna or main dish delivered to your home
- One delivery per month per participant
- Availability based off of volunteer contribution
- Can refer yourself or others online/email

lasagnalove.mn.4@lasagnalove.org

lasagnalove.org

COOK COUNTY



MINNESOTA

PUBLIC HEALTH &
HUMAN SERVICES



218-387-3620



phhs@co.cook.mn.us



411 West 2nd Street

Grand Marais, MN 55604

Cook County

Public Health &

Human Services

ADULTS & SENIORS LOCAL FOOD & NUTRITION SUPPORT



FOOD SHELVES, ASSISTANCE
PROGRAMS, FARMERS MARKET,
SENIOR DINING & DELIVERY

FOOD SHELVES

AEOA Cook County Food Shelf

- Income and residency requirements
- Every Monday from 3 to 5pm
- 1st Wednesday of the month 5 to 7pm
- Register on site during distribution

First Congregational Church

300 W 2nd St, Grand Marais

218-387-2113

Second Harvest Northern Lakes Mobile Food Pantry

- Income based
- 4th Wednesday of the month
- Grand Portage Community Center
73 Upper Road, Grand Portage from
11:30 to 12pm
- Cook County Community Center
317 West 5th Street, Grand Marais from
1:30 to 2pm

info@northernlakesfoodbank.org

218-336-2305

Grand Portage Food Shelf

- Income and residency requirements
- Open from 8am to 4pm
- Monday through Friday
- Call ahead

Grand Portage Human Services

2 Casino Drive, Grand Portage

218-475-2453

FOOD SHELVES CONTINUED

Ruby's Pantry

- No income or residency requirement
- 2nd Tuesday of the month
- \$25 suggested donation per share
- Time and location subject to change,
see their facebook page, or use the
email below to inquire

rubys@boreal.org

218-387-1314

GRAND MARAIS FARMERS MARKET

- Thursdays from 4:30 to 6pm
- June through mid-October

Cook County Community Center Parking Lot

317 W 5th St, Grand Marais

218-387-3015

SNAP & Market Bucks

How to use SNAP and Market Bucks:

- Visit the Welcome Booth with your
SNAP/EBT card
- You'll be issued wooden tokens to
spend at the market, one token = \$1
- Each week, you can also access free
Market Bucks to match your SNAP benefits
- Up to \$10 matched per week in both
Market Bucks and Produce Market Bucks
- \$10 of SNAP becomes \$30 total

ASSISTANCE PROGRAMS

Second Harvest Northern Lakes Nutrition Assistance Program for Seniors (NAPS/CSFP)

- For people aged 60+, income based
- First Monday of each month
- Pick-up from 12:30 to 1:00pm
- Grand Portage Community Center
73 Upper Road, Grand Portage
- First Congregational Church
300 West 2nd Street, Grand Marais

info@northernlakesfoodbank.org

218-336-2302

Supplemental Nutrition Assistance Program (SNAP)

- For those who meet income guidelines
- Apply in person, phone, or online
- Funds are placed on an EBT card
- Cook County PHHS, 218-387-3620
411 W. 2nd Street, Grand Marais
- GP Human Services, 218-475-2453
2 Casino Drive, Grand Portage

Minnesota Department of Human Services

mnbenefits.mn.gov

Grand Portage Food Distribution Program

- Income and residency requirements
- Monday through Thursday, 8am-4:30pm
- Grand Portage Safety Office
101 Store Road, Grand Portage

Tina Deschampe, 218-475-2480