

Groceries/Meals Resources

November 2025

- **East Side Market (962 Burr Street, Saint Paul):** From November 5th – 30th, East Side Market will provide any customer with a SNAP EBT card who is in need with \$50 of free groceries, including meat, bread, and milk, provided their EBT cards are not loaded for November.
- **GoPuff (App-based):** The food delivery app is donating \$10 million in free groceries to SNAP recipients. Those who are eligible can get a \$50 credit for groceries. The credit will be available in two \$25 increments, one that can be used from November 1-15 and another for November 16-30. To learn more, visit <https://www.gopuff.com/newsroom/community-impact/gopuff-donating-up-to-10-million-in-free-groceries-to-snap-recipients-as-families-nationwide-prepare-for-potential-lapse-in-benefits>
- **Mill City Farmers Market (750 S. 2nd St., Minneapolis):** Starting November 1, the market will provide \$10 in MCFM Bucks to any customer who presents their EBT card at the Info Booth, regardless of the current balance. Use it on any SNAP-eligible items at the market. millcityfarmersmarket.org
- **Taco Johns (Multiple Locations):** The Mexican chain is offering a free bean or beef burrito along with a round of potato oles to "anyone who needs it" at many of its locations. All you need to do is ask for the "Community Special."
- **Eggroll Queen (85 County Road B E., Little Canada):** Until SNAP benefits are restored, this food truck is offering community meals every Wednesday and Friday from 3 to 8 p.m., when families can pick up a free hot meal from their kitchen. Sign up by messaging Eggroll Queen through Facebook with the subject EQ Meals and let them know how many people you're feeding and when you plan to pick up your meals. Donations and volunteers are welcome. Facebook page: <https://www.facebook.com/eggrollqueen1>
- **Hope Breakfast Bar (1 S. Leech St., St. Paul):** Starting November 3, any family in need can come to Hope Breakfast Bar in St. Paul between 7-9 a.m. to pick up hot, fresh pancakes to take home—no questions asked. hopebreakfast.com
- **The Nook (492 Hamline Ave. S., St. Paul) and Shamrock's (995 W. 7th St., St. Paul):** This pair of St. Paul restaurants will offer free kids' meals Mondays through Wednesdays while SNAP benefits are suspended. Be sure to bring your SNAP card and photo ID. crnook.com; crshamrocks.com.
- **Randy's Gluten-Free Pizza (6030 N. 50th St., Oakdale):** Those in the Twin Cities metro who have lost SNAP benefits and have kids under 16 with celiac or non-celiac wheat sensitivities can reach out to Randy for fresh and frozen pizzas (pick-up only). Call 651-335-3353 or email randy@randyspizza.com, randyspizza.com.
- **J Selby's (169 N. Victoria Street, Saint Paul):** Free plant-based community bowl—no questions asked, Wednesday – Saturday, 11 a.m. – 8 p.m.; Sunday, 10 a.m. – 7 p.m.
- **Shobi's Table Food Truck (Christ on Capital Hill, Rice & Larpentour, Faith Lutheran, Allianz Field):** Free or pay-what-you-can meals across St. Paul, Tuesday – Friday. Shobistable.org
- **Focus MN:** Free community meal every Sunday, 5 – 6:30 pm. Meals are offered in-person with a limited amount of dinners available as takeaway. Weekly Lunch bag distribution outside their doors, Monday – Thursday, 11:30 a.m. - 12 p.m. (as supplies last). Shelf-stable mini-meals for unhoused and highly mobile students.
- **St. Matthew's Catholic Church (510 Hall Ave, St. Paul, MN 55107):** Meals served Monday – Friday, 5 p.m. – 6 p.m. Dine in or to go meals are served from the Social Hall. Enter at Door #5, accessible from the SE Parking lot off W Robie Street. loavesandfishesmn.org/meal-locations/st-matthews-catholic-church/

- **Big Island Poke Co. (74 Snelling Av., St. Paul):** Until November 15th, anyone in need can stop by this Laotian eatery between noon and 3 p.m. for a hot, fresh meal of chicken katsu rice plate – no questions asked. bigislandpoke.com
- **Open Hands Midway (436 Roy Street North, Saint Paul):** Monday and Wednesday meals, 12 p.m. – 2 p.m. Food shelf on the 2nd and 4th Tuesday of each month from 12 p.m. – 2 p.m.
- **Opportunity Center (422 Dorothy Day Place, St. Paul):** To-go meals served every day (Sunday – Saturday) from 4:30 p.m. – 5:15 p.m., loavesandfishesmn.org/meal-locations/richard-m-schulze-family-foundation-saint-paul-opportunity-center/
- **Loaves and Fishes – Community Meals:** To find free community meal sites, visit <https://www.loavesandfishesmn.org/find-a-community-meal/>
- **Ramsey County: Food Resource Map:** Use the interactive map to find locations near you, including food shelves, free or discounted groceries, farmers markets and free meals. To view the interactive map, visit <https://experience.arcgis.com/experience/6162272bbdc64b22a57374d0d3d25e2b>. To learn more about Food Resources in Ramsey County, visit ramseycountymn.gov/residents/assistance-support/assistance/food-resources.
- **Minnesota Food Helpline:** Call 1-888-711-1151 for assistance Monday through Friday, 10 a.m. – 5 p.m.
- **Hunger Solutions Food Locations Map:** <https://www.hungersolutions.org/find-help/>