



FOOD AND BASIC NEEDS



ASSISTANCE PROGRAMS

Anyone in Ramsey County...

- Can connect to your local food shelf or other meal programs if you need food.
- May be eligible for the Supplemental Nutrition Assistance Program (SNAP) if you're struggling to pay for food.

All children under age 18...

- Can get free meals and snacks weekly from your local school district (delivered or picked up near you).

People pregnant or parenting children under age 5...

- May be eligible for the Women, Infants and Children (WIC) program.

All adults over age 60...

- Can get free or reduced cost delivered meals.

NEED HELP?

Our Customer Contact Center can help you navigate food and basic needs resources, offer referrals and help you complete documents.

We can also connect you with mental health and crisis support, medical insurance, housing, unemployment and job seeker resources.

651-266-8500

coronavirus@ramseycounty.us



Monday – Friday
8 a.m. – 4:30 p.m.

Translation services available.



ramseycounty.us/FoodResources



RAMSEY COUNTY