

FOOD RESOURCES

(No SNAP or WIC required)

LOCATION	PROVISIONS	HOURS	REQUIREMENTS
Source MN Food Shelf — 2609 Stevens Ave, Minneapolis, MN 5540	Free fresh groceries (walk-ups & drive-ups)	Check website for current days/hours.	No ID required, no registration before coming.
Little Kitchen Food Shelf — 1525 5th St NE, Minneapolis, MN.	Food shelf including pet food for companions	Tue & Thu evenings 6:00-7:30pm; Sat 10:00am-12:00pm.	No proof of ID or ZIP code required.
Sabathani Community Center Food Distribution — (check online for address)	Culturally specific foods + general groceries	Appointment schedule posted monthly.	No ID or proof of income required
Community Aid Network MN — 519 Oak Grove St., Minneapolis, MN.	Free food & supplies distribution (walk-up, drive-up, delivery)	Monday 12-2pm; Thursday 5-7pm (check for changes).	No ID, no membership required.
Community Emergency Service Food Market — 1900 11th Ave, Minneapolis, MN 55404.	Food Market” style selection: produce, dairy, shelf-stable items	Tue/Wed/Thu 1-6pm; Fri bonus 1-3pm (check ahead).	No ID required; just name/address/household size.
House of Charity – Shelf of Hope — 714 Park Ave, Minneapolis, MN 55404	Pre-packed grocery bags and hygiene items; help finding other	Check availability; no geographic restriction.	No ID required; open to anyone in need.
Loaves & Fishes MN — Community meals & distribution at multiple locations; one listed 2920 N 2nd St, Minneapolis, MN 55411.	Free meals (take-away or dine-in) + community distributions of food	Example: Fridays 9:00am-1:30pm at the 2nd St site.	No eligibility requirements stated (free meal access)
iHELP MarketSquare — 900 Dale St N, St Paul, MN 55103.	100% free grocery store (fresh, frozen, produce, etc)	Tuesdays & Thursdays 2pm-4pm (call to confirm or for delivery).	“Everyone is welcome” — no ID or proof required.

HYGIENE/CLEANING RESOURCES

(No SNAP or WIC required)

LOCATION	PROVISIONS	HOURS	REQUIREMENTS
Bridge to Basics – Twin Cities area (non-profit hygiene bank)	Distributes essential hygiene items (body wash, laundry detergent, menstrual products, etc.) through partner agencies.	Check website for current days/hours.	No ID required, no registration before coming.
Good Works Food Shelf –	Distributes household items and personal hygiene goods alongside food (fresh produce, meat, dairy + household & hygiene products).	Fridays 3 PM – 6 PM, 1st Thursdays 5 PM – 6:30 PM (Ethnic Food Pantry only)	No proof of ID or ZIP code required.
YouthLink – 41 N 12th St, Minneapolis, MN 55403	Free food & supplies distribution (walk-up, drive-up, delivery)	Mon–Tue & Thu–Fri 9 AM–4:30 PM; Wed 10 AM–8 PM (6–8 PM T.R.U.E Group)	Focuses on ages 16-24, but basic-needs services available.
Sabathani Community Center – 310 E 38th St, Minneapolis, MN 55409	Food distribution plus cleaning/household items	Mon–Thu 9:30 AM–2:30 PM (walk-ins welcome before 11 AM & before 2 PM)	Call ahead; capacity-based for walk-ins.
Open Cupboard –	Personal care + cleaning supplies + household items alongside food kits	Check website for current days/hours.	Multiple sites; check their website for schedule.
Metro Women’s Center 6418 Bass Lake Road, Suite 2. Crystal, MN 55428	Mother and baby items. Diapers, wipes, clothes, baby food, etc.	Monday - Thursday: 9am to 4:30pm	Pregnant or have a baby under one years old