

Resources Quick links:

Call '[211](#)' – finding food banks, paying bills, energy assistance, etc. or Text '**MNCOVID**' to **898211**

Minnesota Food HelpLine – call 1 (888) 711-1151 for info on SNAP – and where to find emergency food assistance close to your home

- **Messiah Church Food Pantry at LSS ([2400 Park Ave S, Minneapolis](#))** Offered every 4th and 2nd Friday of the month, pick up at the Oakland Ave entrance. **Upcoming dates:** March 28th, April 10th, April 25th from 8:00am – 12:00pm.
- **Community Bridge Meals at LSS ([2400 Park Ave S, Minneapolis](#))** – free bag lunches and extra produce available Thursdays from 12pm – 1pm. Pick up at the parking lot on Oakland Ave
- [Hunger Solutions](#) – Contact and location information for organizations providing free community meals, food shelves, discount grocery stores, free meals for kids during COVID-19, and senior resources.
- [Loaves & Fishes](#) – Offer community meals at various locations across the Twin Cities. Call 612-377-9810 for daily updates.
- [Mary F. Frey Opportunity Center](#) – serving meals and access to mail, lockers and showers from Monday – Friday 7am – 3pm and Saturday 7am – 1pm

Free meals in metro area (outside of school district meal drop-offs):

- [Hope Breakfast Bar, St. Paul](#) – Closed to the public, but open for families in need from 9am – 2pm, Monday - Friday. Please contact through [online form](#) to set up a time for meal pickup.
- [Great Harvest Bread Company](#) – **Maple Grove:** Free bread and goodie bags, call ahead for curbside pickup if possible. They are also willing to do home deliveries if nearby. 763-416-1911
- [Keys Café and Bakery](#) – free kids meals for takeout at many locations in the Twin Cities area. **Multiple locations** - Call a nearby location to order.
- [Que Viet](#) – (**NE Minneapolis**) – Free lunch (chicken or pork fried rice) for kids offered daily open hours. Tell wait staff “here for an order for Kelsey” (it will be a code for staff) to know what they need to make.
- [El Tejaban Mexican Grill \(Richfield\)](#) – Free kids’ meal to all youth under 15 from 11am to 5pm through April 1st.
- [Granite City Food & Brewery \(Roseville\)](#) – Free lunches for kids including turkey sandwich, chips and applesauce. Completely free, no other purchase necessary.
- [Maya Cuisine \(NE Minneapolis\)](#) – Free lunches for kids consisting of cheese quesadilla, rice and beans. Reduced meal prices for all orders to \$10 including a drink, chips and salsa.
- [Piada Italian Street Food \(Bloomington\)](#) (check website for addresses & phone) – 10:45 a.m. to 1 p.m. weekdays through April 3, they’ll be giving a free kids pasta with sauce, cheese and a fountain drink to students affected.
- [Sarpino's Pizzeria](#) – **locations across the state** (check website for addresses & phone) will provide a free eight-inch pizza for children ages 5-18 from 11 a.m. to 2 p.m. on weekdays until March 31st. Pick-up only.

Mental Health

- Counseling/Therapy appointment via LSS Behavioral Health call: **612-879-5320**
- **Crisis Text Line** is available for free, **24/7** by texting **MN to 741741**
- **Crisis lines:**
 - The Warm Line - Call 651-288-0400 or text “Support” to 85511

- The National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)
- SAMHSA Disaster Distress Helpline - Call 1-800-985-5990

Legal Assistance

- **Mid-Minnesota Legal Aid:** <https://mylegalaid.org/get-help>
 - Across MN counties available via phone depending on county
- **Immigrant Law Center of Minnesota: (651) 641-1011**
 - ILCM provides no-cost immigration legal assistance to low-income immigrants and refugees of all nationalities living in Minnesota.
 - Their [Website](#) has other helpful updates/multilingual resources for immigrant communities living in MN (i.e. unemployment benefits, public charge updates, etc.)