

South St. Louis County



Food Shelves

DULUTH

CHUM Food Shelf - Downtown
120 N. 1st Avenue West
(218) 727-2391
chum@chumduluth.org
Wednesday, 10:00 a.m. - 1:45 p.m.
Wednesday, 3:30 p.m. - 6:30 p.m.
Friday, 10:00 a.m. - 1:45 p.m.

CHUM Food Shelf - West
4821 Grand Avenue
(218) 624-0333
chum@chumduluth.org
Tuesday & Thursday, 11:00 a.m. - 2:00 p.m.

CHUM Food Shelf - Lakeside
Faith Lutheran Church
51st Avenue East and Glenwood Street
(218) 624-0333
chum@chumduluth.org
Monday, 11:00 a.m. - 1:00 p.m.

Fruit of the Vine Food Shelf
Vineyard Christian Fellowship
1533 Arrowhead Road
(218) 525-3462
FOTV@duluthvineyard.org
Tuesday, 6:00 p.m. - 8:00 p.m.
Saturday, 9:30 a.m. - 11:30 a.m.

Lincoln Park Community Church Food Shelf
2202 West 3rd Street
(218) 722-4141
lincolnparkcommunitychurch@yahoo.com
2nd Thursday, 3:30 p.m. - 5:30 p.m.

Duluth Salvation Army
215 S. 27th Avenue West
(218) 722-7934
nancy_leslie@usc.salvationarmy.org
Monday & Thursday, 1:30 p.m. - 4:00 p.m.

HERMANTOWN

Hermantown Area Food Shelf
4503 Airpark Boulevard
(218) 727-5653, ext. 119
info@northernlakesfoodbank.org
Tuesday, 10:00 a.m. - 1:30 p.m.

PROCTOR

Proctor Food Shelf
100 Pionk Drive
(218) 628-6288
Wednesday
10:00 a.m. - 1:00 p.m.

FLOODWOOD

Floodwood Food Shelf
601 Ash Street
(218) 476-2176
2nd & 4th Wednesday
9:00 a.m. - 11:00 a.m.

Soup Kitchens



DULUTH

CHUM Drop-In
120 N. 1st Avenue West
(218) 727-2391
chum@chumduluth.org
Wednesday, 3:00 p.m. - 6:00 p.m.

Damiano Center
206 W. 4th Street
(218) 726-0500
sbennett@damianocenter.org
Mon, Wed, Fri, Sat and Sun for:
Breakfast, 8:30 a.m. - 9:30 a.m.
Lunch 11:30 a.m. - 1:00 p.m.
Dinner 5:00 p.m. - 6:00 p.m. (Fri, Sat, Sun Only)

Duluth Salvation Army
215 S. 27th Avenue West
(218) 722-7934
nanette_wiese@usc.salvationarmy.org
Mon - Fri, 11:30 a.m. - 12:30 p.m.

Life House (for ages 14-20)
102 W. 1st Street
(218) 722-7431
ahna.pelto@life-house.org
Mon, Tues, Thurs, and Fri 3:00 p.m. -7:00 p.m.
Wednesday 3:00 p.m. - 6:00 p.m.

Nutrition Assistance Program for Seniors

NAPS monthly food boxes for seniors are available in Duluth, Hermantown, Floodwood and Proctor. For more information:
(218) 727-5653, ext. 112 or
lynette@northernlakesfoodbank.org

The Backpack Program

Weekend food for children during the school year. Contact your local school for more information.

Minnesota Food Helpline

1 (888) 711-1151

If you or someone you know does not have enough food, call the MN Helpline to find out if you qualify for SNAP and where to find emergency food assistance close to your home.

United Way 2-1-1

United Way's 2-1-1 is an easy-to-remember, completely confidential phone number that connects people with important information about food, housing, employment, childcare, transportation, health services, senior services and more.

SNAP (Food Stamps)

St. Louis County Public Health & Human Services
320 W. 2nd Street, Duluth, MN 55802
(218) 726-2000
Application assistance available:
Mon - Fri, 7:30 a.m. - 11:30 a.m.

Community Action Duluth
2424 W. 5th Street, Ste. 102, Duluth, MN 55806
(218) 726-1665