



GETTING HELP
WITH THE GROCERIES
IS EASIER THAN
YOU THINK.



Discover how SNAP can stretch your food budget.



When it's hard to make ends meet, SNAP can help.

Life can change in an instant. A job loss, sudden illness, even a car breakdown can make it hard to get by. That's why there's SNAP. SNAP helps make sure your family gets the food it needs.

SNAP (Supplemental Nutrition Assistance Program) is a federal program paid for by tax dollars. The average Minnesotan on SNAP receives \$109 per month to buy food at local stores and farmers' markets.

ADD MORE POWER TO YOUR FOOD DOLLARS

See if you qualify

Using the chart, compare the number of people in your household and your household's total income to see if you might qualify. Even if you are working or receiving unemployment or Social Security, you may qualify.

Note: If you are currently on food stamps or have an active EBT card, you are already receiving SNAP benefits. Call the Minnesota Food HelpLine for additional food resources: 1-888-711-1151.

Number of People	Monthly Income Before Taxes
1	\$1,755
2	\$2,371
3	\$2,987
4	\$3,603
5	\$4,219
6	\$4,835
7	\$5,451
8	\$6,067

(For each additional family member above eight add \$616)

Get one-on-one help from a specialist

Specialists in your county are ready to walk you through the application process step by step to make sure your application is completed correctly. They make applying for SNAP a snap!

Use SNAP to stretch your grocery budget

SNAP works like cash at a variety of grocery stores, convenience stores and farmers' markets. SNAP can be used like cash to buy fruits, vegetables, cereal, bread, meat, fish, dairy products and more.

Connect with a specialist to apply.
Go to **www.mnfoodhelper.org**



CONNECT
WITH A SPECIALIST
TO APPLY.

GO TO

www.mnfoodhelper.org



DEPARTMENT OF
HUMAN SERVICES
SUPPLEMENTAL NUTRITION
ASSISTANCE PROGRAM



Supplemental Nutrition Assistance Program Outreach Grantees for Federal Fiscal Year 2020-2022

American Indian OIC

Population Served: American Indians, people of color, low-income households, household that identify as homeless, Able-Bodied Adults without Dependents

Geographic Area Served: Minneapolis, St. Paul, seven county metro area

Contact: Erin Wolf, erinw@takoda.org, 612-341-3358 X 113

Arrowhead Economic Opportunity Agency (AEOA)

Population Served: Seniors and eligible low-income households in the Adult Basic Education (ABE) program

Geographic Area Served: Carlton (ABE only), Cook, Itasca, Koochiching, St. Louis and Lake counties

Contact: 218-749-2912 or 1-800-662-5711

Bi-County Action Partnership (Bi-CAP)

Geographic Area Served: Cass and Beltrami Counties

Contact: Beltrami, 218-751-463 or 1-800-332-7161

Cass, 218-547-3438 or 1-800-332-7135

Catholic Charities of St Paul and Minneapolis

Population Served: Homeless individuals, seniors, African Americans and populations of color, low income

Geographic Area Served: Hennepin and Ramsey counties

Contact: Miranda Boyd, SNAP Outreach Coordinator
miranda.boyd@cctwincities.org, 612-204-8275

Catholic Charities of the Diocese of St Cloud

Population Served: Seniors over age 60 and spouses regardless of age

Geographic Area Served: Stearns, Benton, Western portion of Sherburne and northwest portion of Wright

Counties Contact: Charlene Ridlon, SNAP Outreach coordinator, Charlene.Ridlon@ccstcloud.org,
320-229-4591

Community Action Center of Northfield

Geographic Area Served: Greater Northfield area including the towns of Dennison, Dundas, Northfield, Castle Rock, and Webster

Contact: 507-661-3550

Community Action Duluth (CAD)

Geographic Area Served: City of Duluth and Great Duluth area

Contact: 218-726-1665 X 227

Community Action Partnership of Ramsey and Washington Counties (CAPRW)

Geographic Area Served: Ramsey and Washington counties

Contact: Kong Yang, SNAP Outreach Coordinator

kyang@caprw.org, 651-999-5728

Comunidades Latinas Unidas En Servicio (CLUES)

Population Served: Latino individuals and families
Geographic Area Served: Twin Cities, 11 counties
Contact: 651-379-4200 or 612-746-3500

Hmong American Partnership (HAP)

Population Served: Southeast Asian and new refugees
Geographic Area Served: Hennepin and Ramsey Counties with a focus in Frogtown and Eastside St. Paul
Contact: Tina Lee, SNAP coordinator, tinal@hmong.org, 651-495-1518

Hunger Solutions Minnesota (HSM)

Geographic Area Served: Minnesota statewide
Contact: Food Hotline 1-888-711-1151

Inter-County Community Council (ICCC)

Geographic Area Served: Red Lake, East Polk, Clearwater and Pennington counties
Contact: Lori Wollman, Family Service Program Director
lwollman@intercountycc.org, 218-796-5144 ext. 6

Lakes and Pines Community Action Council

Geographic Area Served: Aitkin, Carlton, Chisago, Isanti, Kanabec, Mille Lacs and Pine counties
Contact: 320-679-1800 option 4, lap@lakesandpines.org

Lakes and Prairies Community Action Partnership

Geographic Area Served: Clay and Wilkin counties

Contact: 218-512-1500

Lutheran Social Service of Minnesota – Moorhead

Population Served: Minnesota seniors, ages 60 and older and their spouses (regardless of age)

Geographic Area Served: Counties of Kittson, Roseau, Marshall, Red Lake, Pennington, Polk, Norman, Lake of the Woods, Beltrami, Clearwater, Hubbard, Mahnomen, Cass, Crow Wing, Todd, Wadena, Morrison, Kandiyohi, Meeker, McLeod, Renville, Lincoln, Lyon, Redwood, Pipestone, Murray, Cottonwood, Rock, Nobles, Jackson, Sibley, Nicollet, LeSueur, Brown, Blue Earth, Watonwan, Waseca, Martin and Faribault

Contact: Kristin Schurrer, Senior Program Director

kristin.schurrer@lssmn.org, 612-237-3025

MAHUBE-OTWA Community Action Partnership

Population Served: Low income residents with an emphasis on the senior population

Geographic Area Served: Becker, Hubbard, Mahnomen, Otter Tail and Wadena counties

Contact: Lynn Nesland, Stabilization Services Manager

lnesland@mahube.org, 218-632-3600

Minnesota Valley Action Council

Geographic Area Served: South Central MN, including Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca and Watonwan counties

Contact: Judd Schultz, Housing Services Director

jschultz@mnvac.org, 507-345-2401

Neighborhood House

Population Served: Low-income families, refugees and immigrants

Geographic Area Served: West Side, East Side and Highland neighborhoods of St. Paul

Contact: Luis Mendez, lroble@neighb.org, 651-789-2520

NorthPoint Health & Wellness Center

Population Served: African American, Hispanic and Hmong

Geographic Area Served: Residents of Hennepin County in need of health and wellness services. North Minneapolis and adjacent suburban communities of New Hope, Crystal, Brooklyn Park and Brooklyn Center

Contact: Tee McClenty, Project Manager, tmccclenty@northpointinc.org, 612-767-9155

Northwest Community Action Agency

Geographic Area Served: Kittson, Lake of the Woods, Marshall (eastern half) and Roseau counties

Contact: 218-528-3258 or 800-568-5329

Northwest Indian Community Development Center

Population Served: Native American

Geographic Area Served: Beltrami and Cass counties

Contact: Alyssa Mora, tara,skarp@nwicdc.org, 218-759-2022

Prairie Five Community Action Council

Geographic Area Served: Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine counties

Contact: 320-269-1218

Sabathani Community Center

Geographic Area Served: Central, Powderhorn, Bryant, and Phillips Neighborhoods
Contact: 612-821-2300

SEWI-AIFI, Inc.

Target population: South Asian adults and seniors
Geographic Area Served: Anoka, Carver, Dakota, Hennepin, Ramsey Scott, Washington Counties
Contact: 763-234-8301 or 952-912-9100

Scott Carver Dakota Community Action Partnership Agency

Geographic Area Served: Scott, Carver and Dakota counties
Contact: Terry Hassan, Community Outreach Manager
thassan@capagency.org, 952-402-9835

Second Harvest Heartland

Geographic Area Served: Anoka, Blue Earth, Brown, Chisago, Dakota, Hennepin (Minneapolis), Isanti, Le Sueur, Ramsey, Sherburne, Stearns, Watonwan and Wright counties
Contact: 651-209-7963, 844-764-5513, snapprefer@2harvest.org

Semcac

Population Served: Seniors age 60 and over
Geographic Area Served: Southeast Minnesota – Counties of Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona
Contact: Jeff Wyant, Senior Services Director
jeff.wyant@semcac.org, 507-864-8230

Three Rivers Community Action

Geographic Area Served: Goodhue, Olmsted, Rice and Wabasha counties

Contact: 507-316-0610

Tri-County Community Action Partnership (TCCAP)

Geographic Area Served: Crow Wing, Morrison and Todd counties

Contact: Danette Ringwelski, Community Services Director

danette.ringwelski@tccaction.com, 320-232-7850

Tri-County Action Program (Tri-CAP)

Geographic Area Served: Stearns, Benton, and Sherburne counties

Contact: 320-251-1612 or 1-888-251-1612

Tri-Valley Opportunity Council

Geographic Area Served: Northwest Minnesota: Kittson, Roseau, Marshall, Polk, Pennington, Red Lake, Norman, Mahnomen, Clearwater, Clay, Wilkin, Becker and Lake of the Woods. The Migrant Head Start program encompasses the entire state of Minnesota.

Contact: Maureen Hams, Community Services Director, Mhams@tvoc.org, 218-281-5832

United Community Action Partnership (UCAP)

Geographic Area Served: Kandiyohi, Meeker, McLeod, Renville, Lincoln, Lyon, Redwood, Cottonwood and Jackson counties

Contact: Margaret Palan, Margaret.Palan@unitedcapmn.org, 507-537-1416