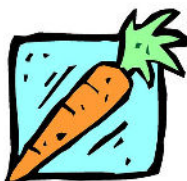


Local Resources to Help Stretch Your Food Budget

Brown County Area Nutrition Resources



Heart of New Ulm
Supporting a culture of wellness

Brought to you by the
Heart of New Ulm
Food Environment Action Team

Food Shelves

New Ulm

1305 South Valley • 507-354-7668

Eligibility: Serving residents of New Ulm, Hanska, Lafayette, Courtland, Essig and Searles. Each household is eligible to visit the food shelf up to 12 times per year, once a month.

Hours: Mondays & Wednesdays from Noon - 3 p.m.
1st Monday evening each month from 6:30 - 8 p.m.

Sleepy Eye

115 2nd Ave NE • 507-794-7130

Eligibility: Serving residents of Sleepy Eye and immediate area. Each household is eligible to visit the food shelf up to 12 times per year, once a month.

Hours: Mondays from 4 - 6 p.m.

Springfield

625 North Jackson Avenue [enter on the North lower level (back side) of the medical center] • 507-723-3663

Eligibility: Serving residents of Springfield, Comfrey, Sanborn, Clements and Cobden. Each household is eligible to visit the food shelf up to 12 times per year, once a month.

Hours: Tuesdays from 5 - 7 p.m.; Thursdays 9:30 - 11:30 a.m.

Morgan

206 Fergus Ave • 507-249-3822

Eligibility: Serving residents of Morgan and immediate area. Each household is eligible to visit the food shelf up to 12 times per year, once a month.

Hours: Tuesdays and Thursdays from 8:30 - 11 a.m.

Senior Dining and Home-Delivered Meal Programs

Lutheran Social Services

Offers a variety of meal options including:

■ LSS Bistro & Meals on Wheels

New Ulm Community Center, 600 German St N
507-359-2243 or 1-866-985-8515

Cost: Donation suggested for those age 60 or older

■ Meals on Wheels

Serving hot, home-delivered meals to residents in Comfrey, New Ulm, Sleepy Eye and Springfield
1-800-488-4146 • www.lssmn.org/meals

Cost: Donation suggested for those age 60 or older

■ LSS Meals to Go

Freezer meals shipped directly to your home
1-800-488-4146 • www.lssmn.org/MealsToGo

Gutes Essen - Frozen meal service

Oak Hills Living Center, 1314 8th N St, New Ulm
507-233-0814 • www.oakhillsnewulm.com/catering

Homestyle Direct - Online home meal delivery service

1-866-735-0921 • www.homestyledirect.com

Mom's Meals - Online home meal delivery service

1-877-508-6667 • www.momsmeals.com

Well Made Meal Prep Service - Choose meals from a weekly changing menu; New Ulm and Mankato pick-up locations
www.wellmademealprep.com

Food Assistance

WIC (Women Infants & Children)

Details: www.health.state.mn.us/people/wic

Eligibility: Helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy. Provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.

To make an appointment or apply: Contact the WIC Office at Brown County Public Health Monday through Friday between 8 a.m. - 4:30 p.m. at 507-233-6800 or 1-888-359-2809.

■ **New Ulm WIC Clinic:** Public Health Offices, 1117 Center St., New Ulm; Community Services Building, Lower Level

Hours: Tuesday - Thursday 8:00 a.m. - 4:30 p.m.
Open until 5:00 p.m. once a month.

■ **Springfield WIC Clinic:** 625 North Jackson Avenue [enter on the North lower level (back side) of the Medical Center]

Hours: Open on the second Tuesday of the month

■ **Sleepy Eye WIC Clinic:** Brown County Offices, 300 2nd Ave SW, Sleepy Eye

Hours: Open on the third Tuesday of the month



Food support, food assistance programs, and Supplemental Nutrition Assistance Program (SNAP)

Brown County Human Services (SNAP application assistance),
1117 Center St, New Ulm • 507-359-6500 • 1-800-450-8246
mnbenefits.mn.gov (apply for SNAP benefits easily online)
www.2harvest.org/SNAP

Eligibility: Helps qualified individuals and families.

SNAP-Ed Education: Recipes, cooking tips and physical activity ideas for a healthier life.

www.reallifegoodfood.umn.edu

Questions: Contact Rachel Jones: wedex001@umn.edu

<https://z.umn.edu/snaped>

Food Assistance - Seniors

Minnesota Nutrition Assistance Program for Seniors or NAPS

NAPS is a nutrition program just for seniors. With NAPS, qualifying older Minnesota adults receive a free supplemental food package every month. Each package includes a nutritious balance of shelf-stable foods, plus reduced fat cheese.

Eligibility: You may qualify for NAPS if you are: 1) Age 60 or older, 2) Your income meets NAPS guidelines and 3) You do not live in a facility that provides meals.

To register for the program: Call 1-800-365-0270

The following locations distribute NAPS:

- **New Ulm Food Shelf:** 1305 South Valley • 507-354-7668
Hours: Second Tuesday of the month; 10:15 - 10:45 a.m.
- **Springfield Food Shelf:** 625 North Jackson Avenue [enter on the North lower level (back side) of the medical center]
507-723-4120
Hours: Second Tuesday of the month; 5:00 - 7:00 p.m.

Discount Groceries

Fare for All - Mankato location

Hosanna Lutheran Church, 105 Hosanna Drive

Details: fareforall.thefoodgroupmn.org

Fare For All buys fresh produce and frozen meat in bulk from wholesalers and manufactures to find the best deals. Volunteers at their warehouse pack the items into food packages.

Eligibility and cost: All are welcome to shop! Offers packages for sale from \$10 to \$30.

Hours: Visit the website for days and hours.

Mike's Discount Foods

125 E Brown St, Comfrey • 507-877-2571

Grocery Delivery / Pickup

These stores offer in-town delivery or pickup; call for details:

Aldi - 2101 N Highland Ave, New Ulm • 855-955-2534

Cash Wise - 1220 Westridge Rd, New Ulm
507-354-2717 • www.cashwise.com/CWstore3013

Hy-Vee - 2015 S Broadway St, New Ulm • 507-354-8255
www.hy-vee.com/stores/detail.aspx?s=111

Schutz Family Foods - 900 E Main St., Sleepy Eye
507-794-5211 • www.schutzfamilyfoods.com

Springfield Market - 101 W Central St, Springfield
507-723-4175

Walmart Super Center - 1720 Westridge Rd, New Ulm
507-354-0900 • www.walmart.com/store/3760

Farmers Markets and Co-op

New Ulm Farmers Market

A to Zinnia Parking lot at 15 S Broadway and adjacent portion of 1st South St • www.newulm.com/farmersmarket

Hours: Open during the Summer-Fall
Thursdays 2:30 - 5:30 p.m.; Saturdays 9 a.m. - Noon

Mankato Farmers Market

www.mankatofarmersmarket.com

Regular Season (May-October):

- Best Buy parking lot, 1895 Adams St
Hours: Tuesdays from 3:30 - 6:00 p.m.
Saturdays from 10 a.m. - Noon
- The Hub Food Park, 512 N Riverfront Dr
Hours: Thursdays from 3:30 - 6:00 p.m.

Winter Season:

- Drummers Garden Center, 281 Sxt Andrews Dr
Hours: Visit the website for days and hours

Graze (formerly New Ulm Community Market & Cooperative)

3 South Minnesota St. New Ulm

www.graze.coop

Hours: Tuesdays and Thursdays from 2 - 6 p.m.
Saturdays from 9 a.m. - 12 p.m.

NOTE: Be sure to check the websites for the farmers markets, as hours and days are subject to change.



Other Resources

MNBenefits

Apply for public assistance benefits safely and easily.

mnbenefits.mn.gov

United Way 211

1-800-543-7709

Social Security and SSI Assistance

1-800-772-1213

Medical Assistance (MA)

1-855-366-7873

Senior LinkAge Line

1-800-333-2433

MN Food Helpline

Get help with a better food budget.

1-888-711-1151

www.hungersolutions.org/programs/mn-food-helpline

Bridge to Benefits

See if you qualify for public assistance programs.

www.bridgetobenefits.org

American Heart Association

www.heart.org

American Diabetes Association

www.diabetes.org

Davita

Learn more about causes and risks related to kidney disease.

www.davita.com