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

November 2026

Food Shelves

New Ulm Area Emergency Food Shelf

1305 South Valley • 507-354-7668 • www.newulmfoodshelf.com

Eligibility: Each household is eligible to visit the food shelf once a month, up to 12 times per year.

Hours: Mondays & Wednesdays from Noon - 2:45 p.m.
1st Monday evening each month from 6:30 - 7:45 p.m.

New Ulm Mobile Food Shelf

The New Ulm Mobile Food Shelf is for those who cannot get to the main food shelf above because of transportation issues. Food is distributed through the management offices at the following apartment complexes: Linderhoff, Emerson Union, Sunset, Broadway Haus, Hanska and the City of Lafayette (in the parking lot of the 1st Lutheran Church of Lafayette).
You do not need to be a resident of the above listed drop off locations to receive food from the Mobile Food Shelf.

Follow the New Ulm Mobile Food Shelf page on Facebook for information on special giveaways and other updates.

Sleepy Eye

115 2nd Ave NE • 507-794-7130

Eligibility: Each household is eligible to visit the food shelf once a month, up to 12 times per year.

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: Each household is eligible to visit the food shelf once a month, up to 12 times per year.

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

Morgan
206 Fergus Ave • 507-249-3822

Eligibility: Each household is eligible to visit the food shelf once a month, up to 12 times per year.

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

Farmers Markets and Co-op

New Ulm Farmers Market
River Bend Education District Parking Lot, 1315 S Broadway 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

Winter Season (November-March):
- Bomgaars Supply, 1940 Adams St
  Hours: First and third Saturdays of the month, 9 a.m. - Noon

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.

Food Assistance

Heart of New Ulm Community Fridge & Freezer

Eligibility: Free nutritious produce is available to anyone in need in the community. No eligibility requirements.

Location: New Ulm Public Library, 17 N Broadway, New Ulm Pick up items during regular library hours. Go to the back entrance of the library and the free Community Fridge and Freezer is in the hallway leading to the Children's Library.

WIC (Women Infants & Children)

Eligibility: Helps income 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. Families can also apply online and local staff will follow up with you. www.health.state.mn.us/people/wic

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

  Hours: Monday - Friday 8 a.m. - 4:30 p.m.

- **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 Extension, 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.



Food Assistance - Seniors

Commodity Supplemental Food Program — Nutrition for Seniors (CSFP)

CSFP is a nutrition program just for seniors. With CSFP, 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 CSFP if you are: 1) Age 60 or older, 2) Your income meets CSFP 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 location distributes CFSP:

- **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.

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 • https://gutesessendeliandcatering.com

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

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

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.thefoodgroupmn.org/find-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