

## Food Pantries and Resources in Greater Grand Forks (12/2025)

### PANTRIES

East Grand Forks Food Shelf, 218-773-8083

1715 3<sup>rd</sup> Ave NW, East Grand Forks, MN

- Monday, Wednesday 10am-5pm, Friday 10am-2pm. Bring photo ID and proof of address.

Food For Thought Pantry (UND Students), 701-777-4200

UND Memorial Union, 1<sup>st</sup> floor, room 138, 2901 University Ave, Grand Forks, ND

- Monday-Friday, 8am-4pm. Bring student ID. Call or visit room 144 if no one is at the pantry.

Freedom Church Cares, 701-772-3117

6 N 3<sup>rd</sup> Street, Grand Forks, ND

- Thursday 10-11am

Hope Cares Food Pantry, 701-757-3480

1726 S. Washington St, Suite 11, Grand Forks, ND (Grand Cities Mall)

- Monday-Thursday (appointment only). Call Monday or Tuesday between 9am-4pm to schedule.

Northlands Rescue Mission, 701-772-6600

420 Division Ave, Grand Forks, ND

- Food boxes available Tuesday 12-6pm and Friday 12-4pm. Pick up at door #2.
- Bring photo ID and proof of address.
- Community meals are served at 12pm and 5pm daily, come to door #1.

Salvation Army Food Shelf, 701-775-2597

1600 University Ave, Grand Forks, ND

- Monday-Thursday, 9-11:15am and 1-2:15pm. Bring photo ID and proof of address.
- Community meals are served Wednesday at 3pm and Sunday at 9:30am.

St. Joseph's Social Care Food Pantry, 701-864-0108

620 8<sup>th</sup> Ave S, Grand Forks, ND

- Food boxes Tuesday-Thursday 2pm. Call to schedule pick up. Bring photo ID and proof of address.
- Free summer lunch program for youth. Served during June-July.

## **OTHER FOOD RESOURCES**

Love in Action, 701-330-8775

818 University Ave, Grand Forks, ND

- Lunch served daily at 11am

Zion Methodist Church Love Fest 701-772-1893

1001 24<sup>th</sup> Ave S, Grand Forks, ND

- Free community meal 5:30-6:30 – last Tuesday of the Month

Grand Forks Public Schools 701-746-2436

- United Way Backpack Program - weekend food offered to children on Fridays. Talk to the school social worker.
- Winship and Wilder Elementary School Food Pantries available.

Grand Forks Senior Center 701-772-7245

620 4<sup>th</sup> Ave S. Grand Forks, ND

- Programs available for residents 60 years and older: Meals on Wheels (hot meals delivered to homes), frozen meals and senior dining onsite for breakfast and lunch.

## **FEDERAL PROGRAMS**

Supplemental Nutrition Assistance Program (SNAP)

- This program provides residents with money (debit card) to purchase food.
- Contact Great Plains Food Bank at 855-405-0000 or email [SNAP@greatplainsfoodbank.org](mailto:SNAP@greatplainsfoodbank.org).

Women, Infants and Children Program (WIC)

- This program provides pregnant women, new mothers, infants and children (up to age five) with access to healthy foods, nutrition education and breastfeeding support.
- Contact Grand Forks WIC at 701-775-3667 or visit [www.signupwic.com/](http://www.signupwic.com/)