

Community Resources

Below is a list of Community Resources mostly for City of Duluth and South St. Louis residents. We are working to compile resources for Carlton, Lake, and Cook Counties and the City's of Cloquet, Proctor, Two Harbors & Grand Marais. Please email me if you know of resources to add to this list. btapp@1Roofhousing.org

Emergency Assistance Options

Agencies

- St. Louis County: (218) 726-2020
 - o

- Salvation Army: (218) 722-7934
 - o Call at 8:30 on the first business day of the month. Individuals must do a phone interview and an in-person interview.

- ARC Northland: (218) 726-4726

Churches

- Duluth Diocese (218) 724-9111
 - o Ask for Patrice Critchley Menor

Energy Assistance (Any of the Above Except ARC Northland):

- Arrowhead Economic Opportunity Agency (218) 749-2912
 - o Funds usually available in November

Lice Lounge

Helps people get rid of lice, covered by HSA and flex-funding. (218) 382-5423
113 N 2nd Ave W Duluth, MN 55802

South St. Louis County

FOOD SHELVES

Duluth

CHUM Food Shelf - Downtown

120 N. 1st Avenue W.
(218) 727-2391
chum@chumduluth.org
Wednesdays & Fridays, 10 a.m. - 1:45 p.m.
Wednesdays, 3:30 - 6:30 p.m.

West Duluth Salvation Army

215 S. 27th Avenue W.
(218) 722-7934
Mondays & Thursdays, 1:30 – 4 p.m.

CHUM Food Shelf - Lakeside**Faith Lutheran Church**

51st Avenue East and Glenwood Street
(218) 624-0333
chum@chumduluth.org
Mondays, 11 a.m. – 1 p.m.

CHUM Food Shelf -

4831 Grand Avenue
(218) 624-0333
chum@chumduluth.org
Tuesdays & Thursdays, 11 a.m. – 2 p.m.

Vineyard Christian Fellowship**Fruit of the Vine Food Shelf**

1533 Arrowhead Road
(218) 525-3462
FOTV@duluthvineyard.org
Tues, 6-8 p.m. & Sat, 9:30 - 11:30 a.m.

Hermantown

Hermantown Area Food Shelf

4503 Airpark Boulevard
(218) 727-5653, ext. 119
info@northernlakesfoodbank.org
Tuesdays, 10 a.m. - 1:30 p.m.

Proctor

Proctor Food Shelf

100 Pionk Drive
(218) 624-3641
(218) 628-6288
Wed, 10 a.m. - 1 p.m. 9 – 11 a.m.

Floodwood

Floodwood Food Shelf

601 Ash St.
(218) 476-2176
2nd & 4th Wednesdays

SOUP KITCHENS

Duluth

Duluth Salvation Army

215 S. 27th Avenue W.
(218) 722-7934
Lunch: M – F, 11:30 a.m. – 12:30 p.m.

CHUM Drop-In

125 N. 1st Avenue W.
chum@chumduluth.org
Wed, 3 – 6 p.m.

Damiano Center

206 W. 4th Street
(218) 726-0500
Breakfast: M, W, F, Sat, Sun 8:30 – 9:30 a.m.
Lunch: M, W, F, S & Sun, 11:30 a.m. – 1 p.m.
Dinner: F, Sat, and Sun 5 – 6 p.m.

Life House (For ages 14-20)

102 W. 1st Street
(218) 722-7431
Lunch: M, T, Th & F, 3 – 8 p.m.
Lunch: Wednesdays, 3 – 6 p.m.

Food Assistance/Food Shelves/Ruby's Pantry

Ruby's Pantry – All Food Distribution Donations are \$20.00 cash

Brookston, MN – Arrowhead Town Hall
1st Thursday of the Month -- Doors open at 8 a.m. and distribution starts at 10 a.m. and ends approximately at 11:30 a.m.

Cloquet, MN – Cloquet Armory
4th Wednesday of the Month -- Doors open at 9 a.m. and distribution starts at 10:30 a.m. and ends at approximately 12 p.m.

Duluth, MN – 230 E Skyline Parkway
3rd Thursday of the Month -- Doors open at 4:30 p.m. and distribution starts at 5:30 p.m. and ends approximately at 7 p.m.

Duluth – Morgan Park, MN
8830 Idaho St
1st Tuesday of the Month -- Doors open at 3:30 p.m. and distribution starts at 4:30 p.m. and ends approximately at 6 p.m.

Duluth – Mission Creek Church
521 131st Ave West Duluth, MN 55808
4th Saturday of the month – Doors open at 10:30 a.m. Distribution from 11 a.m. to 12:30 p.m.

Hermantown, MN – 5007 Maple Grove Rd
1st Tuesday of the Month -- Doors open at 4:30 p.m. and distribution starts at 5:30 p.m. and ends approximately at 7 p.m.

Nutrition Assistance Program for Seniors (NAPS)

Monthly food boxes for seniors available in:

Duluth

Floodwood

For more information:

(218) 727-5653, ext. 112 or lynette@northernlakesfoodbank.org

SNAP (Food Stamps)

St. Louis County Public Health & Human Services, Duluth

320 W. 2nd Street

(218) 726-2000

Application assistance available:

Monday through Friday, 7:30 - 11:30 a.m.

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 telephone number that connects people with important information about food, housing, employment, childcare, transportation, health services, senior services and more.

Diapers, Formula, Clothing and Other Items

Kids Closet

Bethany Lutheran Church

2308 W 3rd St

(218) 722-4533

Hours: By appt. only **Must be referred by a school social worker. New and used clothing for children ages 4 – 12**

First Call

2-1-1, (218) 726-4855 or 1-800-543-7709

Cell phone users must dial the 1-800 number

Lifehouse

31 W 1st St

Duluth MN 55802

(218) 722-7431

Assistance offered for youth 14 – 20 years of age who are involved in Life House Programs

Lutheran Social Service Crisis Nursery

Call to schedule an appointment at (218) 302-6879

Diapers, baby and children's clothing, supplies

Birthright

407 E 3rd St

Duluth MN 55805

(218) 723-1801

Formula, call for more resource availability

Salvation Army

215 s 27th Ave W

Duluth MN 55806

(218) 722-7934

Call regarding resource availability

Goodwill

700 Garfield Ave – (218) 722-6351

4883 Miller Trunk Hwy (218) 727-0001

Damiano

206 W 4th St

Duluth MN 55806

Clothing and household items

Medical/Dental

Essentia Health (Medical) – (218) 786-4000 (Operator Number) – Ask to be transferred to any department (I.E. Internal Medicine, Lake Walk North Building, Lake Side Building, etc.)

Duluth Family Medicine – (218) 723-1112 Address: 330 N 8th Ave East Duluth MN

Lake Superior Community Health Center (medical and dental) - Phone: (218) 722-1497 Address: 4325 Grand Ave, Duluth, MN 55807

St. Luke's Hospital/Medical Center – (218) 249-5555 Ask to be transferred to any department.

St. Luke's Hillside Clinic – (218) 249-7000

Birch Tree Center – (218) 771-4724

Damiano Center Programs Overview

The Damiano Center provides five distinct human service programs to people in need, including the largest on-site meal program in Duluth, serving thirteen meals each week. All services are provided free of charge with few or no questions asked. An overview of each program is below. Call (218) 722-8708 or check their website, www.damianocenter.org, for more information.

Community Kitchen - Open Mon, Weds, Fri, Sat, Sun

- Continental breakfast 8:30 to 9:30 a.m.
- Lunch 11:30 a.m. to 1 p.m.
- Dinner 5 p.m. to 6 p.m. (Fri, Sat, Sun)

Call Sandy at (218) 726-0500 for more information

Kids Kitchen - Open Mon through Thurs from 2:30 P.M. to 5:30 P.M.

A meal program specifically for children, provides lunches in the summer and dinner during the school year along with nutrition education, gardening, games, artwork, and cultural events.

Call Ashley at (218) 336-1033 for more information

Free Store - Open Mon, Tue, Wed, Fri 9 A.M. to 3 P.M. Open Sat 10 A.M. to 2 P.M.

The only free store in Duluth and provides clothing and household goods to anyone in need.

Call at (218) 722-5247 for more information

Clothes That Work - Open Mon through Thurs from 9 A.M. to 3 P.M.

A free clothing store for men and women who are employed or seeking work, but unable to afford clothing that is work or interview appropriate. Staff members offer advice and consultation on position-appropriate clothing and accessories for any number of work settings.

Call Donna at (218) 722-5247 for more information

Community Services - Open Mon, Tues, Wed, Fri from 8:30 A.M. to 2:30 P.M.

Provides information and referrals to other community services and provides crisis assistance in the form of emergency bus tokens and gas vouchers for individuals to retain employment during difficult financial times. We also make available a public telephone, mailboxes for individuals who are homeless, and other basic assistance.

Call (218) 727-1834

Information compiled by - HDC Homeless Program

810 E 4th St, Duluth, MN 55805

Phone: (218) 727-1918 Fax: (218) 302-8110