

Gargaarka Guud: Khadka Gargaarka Cuntada (Minnesota Food Helpline)		Gargaarka guud ee ay ka mid tahay helitaanka goobaha cuntada lagu qeybiyo, codsiga SNAP iyo helitaanka adeegga kale ee degaankaaga, khadka telefoonka waxa uu furan yahay Isniinta ilaa Jimcaha 10ka aroornimo - 5ta galabnimo. Adeegga waxa aad ku heli kartaa afafka Ingiriisiga, Isbaanishka, Soomaaliga Hmong iyo luqado kale oo fara badan.			(888) 711-1151			
Minneapolis Food Shelves								
Waxaa la cusboonaysiiyey 04/01/2023 - fadlan la xiriir bakhaarka cuntada baqashadaadda ka hor si aad u xaqiijiso saacadaha iyo helitaanka cuntada								
Magaca Bakhaarka Cuntada	Ciwaanka	Saacadaha Shaqada	Akhbaarta la soo xiriirida	Barta (Website)	Shuruudaha Ku Xiran	Fariin	Ma dooneysaa waqti ku tubarucdo?	Deeqda
Brian Coyle Community Center Food Shelf	420 15th Ave. S.	Goobta Cuno Qeybinta: Isniin 12-6 galabnimo; Arbac 12-4 galabnimo; Jimce 12-4 galabnimo Fawaakihada Qeybinta: Khamiista 1aad & 3aad 12 - 2 duhurnimo	(612) 338-5282	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Macmillada cusubi waa khasab inay la yimaadaan aqoonsi (ID) iyaga & kubnaha goyskoodu ayna sameeyaan nidaam is qorid ah oo kooban.	Goobta waxaa laga helaa cunto Xalaal ah waxaan ka shaqeeya shaqale ku hadla af Soomaali iyo Oromo.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Calvary Lutheran Church Food Shelf	3553 Chicago Ave.	Goobta Cuno Qeybinta: Arbac 11 galabnimo – 6:30 galabnimo; Sabti 9 aroornimo - 12 aroornimo	(612) 827-2504 ext. 3/ foodshelf@clchurch.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Balan kaliya, fadlan soo wac ka hor inta aadan imaan si aad u ogaato in foornadu ay rooti keentay.		Iska diwaan geli: https://www.signupgenius.com/go/9040549a6a722aef85-calvary	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Camden Promise - Gethsemane Lutheran Church Food Shelf	4656 Colfax Ave. N.	Goobta Cuno Qeybinta: Isniin Sabti: 12 duhurnimo ilaa 2:30 galabnimo.	(612) 521-3575 / prjeff@thecamdenpromise.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Cunto la kariyey oo diyaar ah aya goobtan laga bixiyaa.	612-521-3575.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
CLUES Canasta Familiar	777 E. Lake St.	Goobta Cuno Qeybinta: Arbacada 2 galabnimo ilaa 5 galabnimo	(651) 379-4256 / jcalvo@clues.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Community Aid Network MN	519 Oak Grove St.	Goobta Cuno Qeybinta: Isniin 12 duhurnimo - 2 galabnimo; Khamiis 5 galabnimo - 7 fiidnimo	cpcommunityaidnetwork@gmail.com	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Balan la'aan, gaarigaaga ku jira, waa ku qaad kartaa.	Please visit the organization's website to learn about volunteering opportunities.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Community Bridge Food Pantry	2400 Park Ave.	Goobta Cuno Qeybinta: Jimcaha 2aad Jimce & Sabtida 4aad: 9 aroornimo - 11 aroornimo	(612) 321-1967 / info@communitybridgempns.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Dadka aan balan laheyn waxa ay soo wici karaan (612) 321-1967.	Waxaa kale oo halkan laga bixiyaa cunto diyaar ah, fadlan soo wac goobta si aad u ogaato.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Community Covenant Church Food Shelf	901 Humboldt Ave. N.	Goobta Cuno Qeybinta: Arbacada 3aad bil kasta: 12 duhurnimo 1:30 galabnimo	(612) 374-3935	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah				Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Community Emergency Service Neighborhood Food Shelf	1900 11th Ave. S.	Goobta Cuno Qeybinta: Isniin - Arbac 1 duhurnimo - 4 galabnimo & Jimcaha: 1 duhurnimo - 3 galabnimo	(612) 870-1125 / ces@cesmn.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Shuruudaha ku xiran waa dakhliga iyada oo marka ugu horeysa gofka laga doonayo inuu is diwaan geliyo	Adeegga iyo cuntada guryaha loogu geyyo waa suuragal iyada oo hay'adaha loo sii marayo. Fadlan la soo xiriir si aad u hesho macluumaad dheeraad ah.	Haa, gaar ahaan dadka ku hadla afka Ingiriisiga iyo Isbaanishka xilliga cunto qeybinta.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Flourish Food Market (Plant-based food shelf)	3501 Aldrich Ave. S.	Goobta Cuno Qeybinta: Arbacada 1 galabnimo - 3 galabnimo	(651)-280-5232	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Waxaa la bixiyaa cunto khudaar ka sameysan. Cunto diyaarsan ayaal laga heli karaa taasoo bilaha ku kala duwan. Soo booqo bogga internetka si aad u ogaato.	flourish@aceinthecity.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Food in the 'Hood (Beacon of Hope)	2827 Newton Ave. N.	Qeybinta: Khamiista 2aad & Khamiista 4aad ee bil kasta. 5 galabnimo - 7 galabnimo	(612) 217-4003 / info@goodinthehood.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Fadlan soo wac si aad u ogaato shuruudaha ku xiran.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Food in the 'Hood (Sanctuary Haven)	710 W. Broadway Ave.	Goobta Cuno Qeybinta: Arbacada & Khamiis: 11 aroornimo - 3 galabnimo	(612) 217-4003 / info@goodinthehood.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Fadlan soo wac si aad u ogaato shuruudaha ku xiran.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Friendship Community Services	2600 E. 38th St.	Goobta Cuno Qeybinta: Sabtida 2aad & 4aad: 9 aroornimo - 1 galabnimo	(612) 827-7928 / info@friendshipcommunityservices.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			foodhub@greatfriend.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

Glendale Food Shelf	92 St. Mary's Ave. SE	Goobta Cuno Qeybinta: Isniinta iyo Khamiis 11 aroornimo – 3 galabnimo; Talaado iyo Arabco: 2 galabnimo– 6 galabnimo	(612) 342-1954	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Waa in aad degan tahay Glendale Town Guriga iyo dakhliga waa inuu ka hooseeyee 300% heerka fakhriga ee dawladda dhexe (qofku sheegto)	Waxaa laga yaabaa in saacadaha la kordhiyo mustaqbalka, fadlan soo wac si aad u ogaato saacadaha.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Great is Thy Faithfulness	1115 N. 30th Ave.	Goobta Cuno Qeybinta: Khamiis 11 - 2 galabnimo	(612) 559-7983	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah				Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Good Works Food Shelf	697 13th Ave. NE	Goobta Cuno Qeybinta: Talaado 11 – 1 galabnimo; Arbacada balan kaliya; Khamiista 1aad & 3aad ee bil kasta: 5 – 6:30 galabnimo Galbeedka African Food Pantry: Jimcaha 4 galabnimo – 5:30 galabnimo.	(612) 788-4829 / info@rescuenowservices.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Waxaa laga yaabaa in guryaha la idinkugu keeni karo. West African Food Pantry waxa aad ay qeybiyaan cunto Afrikaanka u gaar ah. Fadlan la xiriir hay'adda si aad u ogaato shuruudaha ku xiran iyo sida loo heli karo.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Groveland Food Shelf	1900 Nicollet Ave. S.	Goobta Cuno Qeybinta: Isniin - Jimce: 9:30 aroornimo – 12 duhurkii (ama ilaa uu raashinku ka dhamaato)	(612) 871-0277 / info@grovelandfoodshelf.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Is diiwaan gelin iyo talo siin ayaa wajjib ah marka ay qofka ugu horeyo.	Waxaa laga yaabaa in guryaha loogu geyn karo qoysaska heysta dad naafo ah.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Horizons Unlimited Food Shelf at Division of Indian Work	1001 E. Lake St.	Goobta Cuno Qeybint Isniin - Jimce: 12 galabnimo – 3 galabnimo	(612) 279-6343	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Waxa ay u adeegtaa bulshada American Indianka ah			Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Harvest from the Heart	3817 Pleasant Ave. S.	Goobta Cuno Qeybinta: Talaado - Jimce: Arbacoo 11 aroornimo – 6:30 galabnimo; Sabti 10 aroornimo – 1 galabnimo	(612) 822-2101 / help@harvestfromtheheart.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Qof kasta ayey u adeegtaa iyada oo aan loo eegin dakhliga iyo nawaaxiga uu degan yahay. Aqoonsi sawir leh looma baahna.		Mutadawiciin ku hadla afka Isbaanishka	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Isuroon Halal Food Shelf	Several Locations, call to find the one nearest you	Waxa ay ku xiran tahay xarunta	(612) 866-2731	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Waxaa laga yaabaa in guryaha loogu geyn karo		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Jericho Food Shelf	1628 East 33rd St	Goobta Cuno Qeybinta: Isniinta - Khamiis: 1:30 galabnimo – 4:30 galabnimo Qeybinta Faakihada: Jimce 8 aroornimo – 12:30 duhurnimo.	(612) 455-1193 / jeff@jerichoroad.us	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Waxa kale oo ay bixiyaan kaararka basaska iyo gargaarka korontada iyo biyaha. Fadlan marka hore soo wac si aad u hubiso in aad heli karto.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Joyce Uptown Food Shelf	3041 Fremont Ave. S.	Goobta Cuno Qeybinta: Isniin: 10 aroornimo - 5:45 galabnimo; Talaado: 9 aroornimo - 4:45 galabnimo; Arbacada: 12 galabnimo - 4:45 galabnimo; Khamiista: 11 aroornimo ilaa 6:45 galabnimo. ; Sabti: 9 aroornimo ilaa 1:45 galabnimo.	(612) 825-4431 / info@joyceuptownfoodsheff.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Balan kaliya, fadlan soo wac ka horumarinta aadan imaan si aad u ogaato in foornadu ay rooti keentay.	Waxaa kale oo macaamiishu ay heki karaan shaabadda nootaayada. Haa, gaar ahaan dadka ku hadla afka Isbaanishka.	Haa, gaar ahaan dadka ku hadla afka Isbaanishka.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Lao Center Monthly Food Pop Up	1015 N. 4th Ave.	Goobta Cuno Qeybinta: Jimcaha u dambeeya bil kasta. 3 galabnimo - 5 galabnimo	(612) 374-4967	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Isdiiwaan gelinta waa wajjib. Fadlan buuxi foomka lagu soo bandhigayo barta internetka.		Waxaa loo baahan yahay mutadawiciin (luqadaha koonfurta eeshiya ayaa aad loogu baahan yahay). Soo booqo bogooda internetka si aad macluumaad dheeraad ah uga ogaato.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

Little Kitchen Food Shelf	1500 6th St. NE	Goobta Cuno Qeybinta: Talaado & Khamis: 6 aroornimo – 7:30 aroornimo; Arbaco & Jimce: 10 aroornimo – 12 duhurnimo	(612) 788-2444 / admin@gracenempls.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Macaamiisha cusub waa in aay is diiwaan geliyaan adiga oo soo wacaya 612-788-2444, inta u dhaxeysa 9 aroornimo ilaa 11 aroornimo Isniin - jimce (ma jiro qof lala kulmi karo fool ka fool).		Mutadawicinta (shaqsiyaadka iyo kooxo ka kooban 2-5 waa la soo dhaweynayaa) ayaa loo baahan yahay Isniin - Jimcaha. Soo wac 612--788--2444 ama iimeyl u soo dir admin@gracenempls.org si aad is diiwaan geliiso.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Minneapolis Central Church of Christ Food Shelf	1922 N. 4th Ave.	Goobta Cuno Qeybinta: Sabti 11 aroornimo – 2 galabnimo	(612) 374-5481	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah				
Minnehaha UMC Food Shelf	3701 E. 50th St.	Goobta Cuno Qeybinta: Talaado 10 aroornimo – 3 galabnimo	(612) 721-6231	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			1 - 2 mutadawiciin ku hadla afka Isbaanishka. La soo xiriir foodshelf@minnehaha.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
MinneHarvest	3701 E. 50th St.	Goobta Cuno Qeybinta: Sabtida 4aad Ee bil kasta: 7:30 - 10 aroornimo	Renee Beymer: 612-722-1782 (phone) janos3@juno.com (email)	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Haa, la soo xiriir: Renee Beymer: 612-722-1782 (telefoon) janos3@juno.com (iimeyl)	
New Creation Baptist Church Food Shelf	1414 E. 48th St.	Goobta Cuno Qeybinta: Furan afarta Sabti ee ugu horeeya ee bil kasta: 10 aroornimo – 2 duhurnimo	(612) 825-6933	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Waxaa iman kara qof kasta oo degan magaalooyinka mataanaah ah, balan looma baahna		Haa, dadka ku hadla afka Isbaanishka aad ayaa loo soo dhaweynayaa. La soo xiriir newcreation1414@gmail.com	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

New Creations Ministries Mother Jeanette Frazier Food Shelf	5144 13th Ave. S.	Goobta Cuno Qeybinta: Isniin 6 galabnimo – 7 galabnimo	(612) 202-0739	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Haa la soo xiriir Brenda Granison ee 612-202-0739 ama bgranison54@msn.com	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
NorthPoint Health & Wellness Center Food Shelf	1835 Penn Ave. N.	Goobta Cuno Qeybinta: Isniin Khamiis: 10 aroornimo – 4 galabnimo Faakiho ayaa la bixinayaa. Talado & Khamiis 9 aroornimo	(612) 767-9500	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Waa waajib in aad is diiwaan geliso . Waad daabacan kartaa oo horay u soo qaadan kartaa foomka is diiwaan gelinta boogashada kuugu horeysa ama shaqaalaha ayaa kaa caawin kara is diiwaan gelinta.	Waxa aad heli kartaan adeeg loogu talo galay ilmaha dhasha iyo kuwa yaryar. Fadlan horay u soo wac si aad u ogaato in caanaha caruurta, daybarka iyo caanaha naaska la keenay.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Sabathani Community Center Food Shelf	310 E. 38th St., lower level, room 20	Goobta Cuno Qeybinta: Isniinta - Khamiis: 9:30 aroornimo – 3 galabnimo (waa xiran tahay 12 duhurnimo - 12:30 duhurnimo)	(612) 821-2396	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Waxaa surogal ah in cuntada guryaha loogu geyn karo dadka da'da ah iyo dadka guryaha kaligood ku nool.	Haa, dadka ku hadla afka Isbaanishka aad ayaa loo soo dhaweynayaa. Soo booqo www.signupgenius.com/go- /9040449AAA62CA6FB6- sabathani	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Salvation Army Central Ave Food Shelf	2727 Central Ave. NE	Goobta Cuno Qeybinta: Isniin - Jimce : 8 aroornimo- 12 duhurnimo & 1 duhurnimo - 4 galabnimo (fadlan 30 daqiqo ka soo hormar xilliga la xirayo)	(612) 789-2858	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Salvation Army East Lake Food Shelf	1604 E. Lake St.	Goobta Cuno Qeybinta: Isniin Arbaco & Jimce: 8:30 aroornimo - 11 aroornimo & 1 duhurnimo - 3 galabnimo ; Khamiis: 1 duhurnimo - 3 galabnimo kaliya	(612) 721-1513	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	
Salvation Army North Lyndale Ave Food Shelf	2024 Lyndale Ave N.	Goobta Cuno Qeybinta: Isniin - Jimce: 9:30 aroornimo – 1 duhurnimo	(612) 522-4871	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	
Senior Food Shelf	1801 Central Ave. NE	Goobta Cuno Qeybinta: Isniin - Jimce: 9:30 aroornimo – 1 duhurnimo	(612) 788-9521	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	55 jir ama ka weyn, deggan degmada Hannepin oo ka soo baxa shuruudaha dakhliga ee ku xiran.	Guryaha in la idinkugu keeno ayaa surogal ah. Soo wac lambarka si aad u ogaato.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
The Sanneh Foundation	Eeg barta (website)	Eeg barta (website)	Eeg barta (website)	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Hay'addan waxa ay cuno qeybin ku qabataa goobo kala duwan oo ka tirsan Minneapolis. Fadlan bogooda internetka kala soco macluumaadkii u dambeeyey.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Sharing & Caring Hands Food Shelf	525 N. 7th St	Goobta Cuno Qeybinta: Isniinta - Khamiis: 10 aroornimo - 12 galabnimo	(612) 338-4640	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Waxa kale oo laga yaabaa in ay kaa caawin karaan hoyga, ilkaha, indho gashiga, waxyaabaha kale ee baahida asaasiga ah.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Shiloh Cares Food Shelf	1201 W. Broadway	Goobta Cuno Qeybinta: Arbaco - Jimce 10 aroornimo – 3 galabnimo (waa in aad timaadaa 2:30 galabnimo si maallintaas laguugu adeego)	(612) 302-1463	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Is diiwaan gelinta goobta cuno qeybinta ee isla maalinta waxa ay qaadataa 2-3 daqiqo. Macaamiishu waxa ay cuntada soo doonan karaan hal mar todobaadkiiba.		Haa, si gaar ah kuwa ku hadla Isbaanishka iyo Soomaaliga. limeylka shilohcaresfood@gmail.co m	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Simpson Food Pantry (SUMC)	2740 1st Ave. S.	Goobta Cuno Qeybinta: Talaado & Arbaco: 9:30 aroornimo - 12:30 galabnimo	(612) 874-7741	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah			Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Source MN	2609 Stevens Ave. - Fallout Urban Arts Center	Goobta Cuno Qeybinta: Talaado: 9:30 aroornimo- 12 duhurnimo; Arbaco: 3 galabnimo - 6:30 galabnimo; sabtida 4aad ee bisha: 09:30 aroornimo - 11 aroornimo	(612) 822-5200 / info@sourcemn.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Lagaama DOONAYO aqoonsi sawir leh iyo isdiiwaan gelin	Hay'addan waxaa kale oo ay bixisaa fasalo barashada Afka Ingiriisiga ah. Soo booqo sourcemn.org/esl Xog dheeraad ah kala soco.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

St. Olaf Catholic Church Samaritan Ministry Food Shelf	215 S 8th St.	Goobta Cuno Qeybinta: Isniin - - Arbaco 9 aroornimo - 11 aroornimo ama soo wac Si aad balan u qabsato	(612) 332-7471	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah			Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah
Substance Church - Love this City	101 E. Grant St.	Goobta Cuno Qeybinta: Bishii hal mar Sabtiyada 12:30 duhurnimo - 3:30 galabnimo (soo booq bogga internetka si aad u hubiso taariikhda)	(763) 710-4337	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Is diiwaan gelin lagaagagama baahna		Mar kasta mutadawiciinta waa la soo dhaweynayaa, diyaaragoo waa uu bilaabanayaa 12:30 duhurnimo maalinta cunto Qeybinta.	
Teamsters Serving Teamsters Food Shelf	3001 University Ave. SE	Goobta Cuno Qeybinta: Talaadi - Arbaco: 9 aroornimo 2 galabnimo	(612) 378-0446	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Goobta cuno qeybinta waa mid loogu talo galay xubnaha Teamster iyo qoysaskooda marka aanay shaqeyneyn, xanuunsan yihiin ama ay mudaharaad ku jiraan. Fadlan horay u soo wac si aad u ogaato in aad shuruudaha ka soo baxday.			
The Aliveness Project Food Shelf	3808 Nicollet Ave. S.	Goobta Cuno Qeybinta: Isniin-Jimce : 9 duhurnimo ilaa 3:30 galabnimo.	(612) 822-7946	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Waa in lagaa helay cudurka HIV/AIDS oo aad xubin ka tahay Mashruuca Aliveness, fadlan soo wac ama booq bogga internetka si aad u ogaato.		Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	
The Camden Collective	4150 N. Dupont Ave.	Goobta Cuno Qeybinta: Sabti 1 duhurnimo - 3 galabnimo	info@thecamdencollective.org	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Isdiwaan gelinta iyo safku waxa uu bilaabanayaa 12ka	Dadka ku hadla Isbaanishka waxaa loo fidinayaa caawinaad.	https://www.signupgenius.com/gg/10c0c45ac2aa5f4cf8-2022	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah
Waite House Food Shelf	2323 11th Ave. S.	Goobta Cuno Qeybinta: Isniin 12 duhurnimo - 4 galabnimo; Talaado 10 aroornimo - 12 duhurnimo & 1 duhurnimo - 4 galabnimo; Khamiis 10 aroornimo - 12 duhurnimo & 1 duhurnimo - 4 galabnimo Qeybinta Faahadada: Arbacada 2aad iyo 4aad 12 duhurnimo ilaa 2 duhurnimo	(612) 721-1681	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Balan la'aan waa la iman karaa; macamiisha cusub waxaa laga codsanayaa in ay is diiwaan geliyaan. Waxaa goobta ka shaqeyna shaqaale ku hadla afka Isbaanishka.			Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah

Cunto karsan oo diyaar ah (aad qaadan karto ama goobta ku cuni karto)

Magaca Bakhaarka Cuntada	Ciwaanka	Saacadaha Shaqada	Akhbaarta la soo xiriirida	Barta (Website)	Shuruudaha Ku Xiran	Fariin	Ma dooneysaa waqti ku tubarucdo?	Deeqda
Aliveness Project	3808 Nicollet Ave.	Cuntada karsan ee la qaadan karo Isniin - Jimce 9 aroornimo - 4 galabnimo Lagu cuno goobta Qadada Isniin - Jimce 12 - 2 duhurnimo	(612) 822-7946	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Waa in lagaa helay cudurka HIV/AIDS oo aad xubin ka tahay Mashruuca Aliveness, fadlan soo wac ama booq bogga internetka si aad u ogaato.		Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah
Asian Media Access	2418 Plymouth Ave. N.	Qeybinta cunto kulul: Jimce kasta 5 galabnimo - 6 galabnimo (xarunta dhexe)	Fadlan kala soo xiriir Lily.Do@amamedia.org si aad isu qorto	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah		Cuntada waxaa laga qaadanayaa goobta		
Oak Park Center	1701 Oak Park Ave. N.	Goobta Cuno Qeybinta: Talado - Khamiis 4 galabnimo - 6 galabnimo	(912) 377-7000	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah		Cuntada waxaa laga qaadanayaa goobta		Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah
Minneapolis Public Schools - Community Sites	Eeg barta (website)	Laba jeer	(612) 668-0000	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah	Cuntada caruurta da'doodu ka yar tahay 18, waajib kuma aha in ay dugsi ka dhigtaan dugsiyada MSP.	Waxa ay siiyaan raashinka iyo cuntada fudud ee waxbarashada dugsiyada ka dib, maalmaha fasax yahay, ama dugsiyada Xiran yahay.		
Sharing & Caring Hands Food Shelf	525 N. 7th St.	Goobta Cuno Qeybinta: Isniin - Khamiis: 10 aroornimo & 1 galabnimo, Sabti & Axad: 10 aroornimo	(612) 338-4640	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah		Waxa kale oo laga yaabaa in ay kaa caawin karaan hoyga, ilkaha, indho gashiga, iyo waxyaabaha kale ee aasaasiga ah.		Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah
Salvation Army East Lake Street	1604 E. Lake St.	Goobta Cuno Qeybinta: Isniin - Arbaco 12 duhurnimo - 1 duhurnimo	(612) 721-1513	Soo booq bogga internetka si aad u hesho macluumaad dheeraad ah		Adeegga Qadada		

Salvation Army Harbor Light Center	1010 Currie Ave.	Goobta Cuno Qeybinta: Khamiis - Isniin: Laga bilaabo 6da galabnimo	(612) 767-3100	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Adeegga cashada		
Soup for You Cafe	2511 E. Franklin Ave.	Qadada Maalin Kasta: Isniin-Jimce : 12 duhurnimo - 1 galabnimo Adeegga Dukaamada: Arbaco: 12 duhurnimo - 1 duhurnimo	(612) 978-7974	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Raashin bulshada loogu talo galay ayaa la bixiyaa iyada oo la raaciyo "cashar xagga diinta ah" Taaso ku sameysan kitaabka masixiga.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Source MN	2609 Stevens Ave. - Fallout Urban Arts Center	Goobta Cuno Qeybinta: Khamiis 6 galabnimo- 8 fidnimo.	(612) 822-5200 / info@sourcemn.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Raashin bulshada loogu talo galay ayaa la bixiyaa iyada oo la raaciyo "cashar xagga diinta ah" Taaso ku sameysan kitaabka masixiga.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Waite House Community Center	2323 11th Ave. S.	Goobta Cuno Qeybinta: Isniinta - Khamiis: 11 arornimo. 12:30 SUBAXNIMO	(612) 721-1681	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Cuntada waxaa laga qaadanayaa goobta		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

Adeegga Cuntada Guryaha Loogu Geeyo

Magaca Bakhaarka Cuntada	Ciwaanka	Saadaha Shaqada	Akhbaarta la soo xiriirida	Barta (Website)	Shuruudaha Ku Xiran	Farin	Ma dooneysaa waqti ku tubarucdo?	Deeqda
Community Aid Network MN	519 Oak Grove St.	Waxaa guryaha loogu geeyaa Sabtida	communityaidnetwork@gmail.com	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah		Foomka ka buuxi barta internetka oo dooro "guriga lagugu keeno".	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Meals on Wheels			(888) 998-6325	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Isticmaal meeleeyaha barta internetka ama sopo wac si aad u ogaato goobta kuugu dhow ee Meals on Wheels.	Hay'adaha bulshada ayaa guryaha dadka ugu geeya. Cunto dadka aan guryaha ka bixi karin ama aan cunto diyaarsan karin.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Open Arms	2500 Bloomington Ave.		(612) 872-1152	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Buuxi foomka su'aalaha shuruudaha ku xiran oo soo gudbi.	Waxa ay bixiyaan cunto muddo tobdobaad ah ku fiain. Cunto dhakhtar u qoray macamiisha ka soo baxa shuruudaha ku xiran.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
Senior Food Shelf	1801 Central Ave. NE		(612) 788-9521	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	55 jir ama ka weyn, deggan degmada Hannepin oo ka soo baxa shuruudaha dakhliga ee ku xiran.	Guryaha in la idinkugu keeno ayaa suurogal ah. Soo wac lambarka si aad u ogaato.	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah
SEWA AIFW Meal and Grocery Delivery		Cuntada waxa guryaha loogu geeyaa laba jeer todobaadkii Talaadada iyo Khamiista	(763) 234-8301/ meals@sewa-aifw.org	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Fadlan soo wac ama iimeyl u soo dir si aad u ogaato shuruudaha ku xiran in guriga la idinkugu keeno Cuntada karsan.		Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah	Soo booqo bogga internetka si aad u hesho macluumaad dheeraad ah

Si aad sixitaan ugu sameyso liiskan, iimeyl u soo dir homegrown@minneapolis.gov