

# Food & Nutrition

TIP: Call ahead to confirm program hours.

## Minnesota Food HelpLine

Call or chat to find solutions for your food needs. Food resource locator tool available. 888-711-1151 | [hungersolutions.org](http://hungersolutions.org)

## Fare for All

Purchase monthly food packages at up to 40% off grocery store prices. \$10-\$25 763-450-3880 | [info@fareforall.org](mailto:info@fareforall.org) [www.fareforall.org](http://www.fareforall.org)

## Becker Food Shelf

Becker City Hall, 12060 Sherburne Ave  
Tuesday, 9:00-11:00 AM  
Thursday, 4:00-5:30 PM  
763-261-4612

## Big Lake Food Shelf

160 Lake St N, Big Lake  
Monday & Thursday, 5:30-7:30 PM  
Wednesday, 9:00-11:00 AM  
763-263-2432

## Clearwater Food Shelf

1100 County Rd 75, Clearwater  
Monday, 5:30-7:00 PM  
Tuesday, 9:00-11:00 AM & 6:00-8:00 PM  
Wednesday, 3:00-5:00 PM  
320-558-2954

## Elk River Food Shelf (CAER)

12621 Elk Lake Rd NW, Elk River  
Mon, Wed & Fri, 10:00 AM-2:00 PM  
Monday & Thursday, 6:00-7:00 PM  
763-441-1020 | [www.caerfoodshelf.org](http://www.caerfoodshelf.org)

## Princeton Food Shelf

104 6th Ave S, Princeton  
Monday & Wednesday, 1:00-3:00 PM  
Friday, 9:00-11:00 AM  
763-631-3578

## Corner Cupboard

Cornerstone Baptist Church  
15300 Cty Rd 35, Elk River  
Tuesday from 5:00-6:30 PM \$3 donation  
763-263-7878

## Central Lutheran Church

1103 School St, Elk River  
Wednesday, 8:00-9:00 AM  
763-441-2363

## Faith Community Lutheran Church

12266 255th Ave SW, Zimmerman  
Thursday, arrive before 9:00 AM  
763-772-5288

# WIC Resources

## Sherburne County WIC

Eligibility info, nutrition & breastfeeding resources, WIC Newsletter, and more!  
<http://bit.ly/shercoWIC> | 763-765-4116

## WIC Health

Online lessons, articles, and recipe finder  
[www.wichealth.org](http://www.wichealth.org)

## View the list of WIC-approved stores at:

[www.health.state.mn.us/forms/cfh/wicstores](http://www.health.state.mn.us/forms/cfh/wicstores)  
or in the MY MN WIC APP

# WIC Perks

## Minnesota Zoo

FREE admission for WIC participants & immediate family  
Parking fees may apply. 0-2 yrs old are free.  
Bring: photo ID & WIC card  
[mnzoo.org/us/freetoexplore](http://mnzoo.org/us/freetoexplore) | 952-431-9200

## Science Museum of Minnesota

Reduced admission for WIC participants  
Museum: \$3 Omni Theatre + Museum: \$5  
Parking fees may apply. 0-3 yrs old are free.  
Bring: photo ID & WIC card  
[smm.org/visit/hours-admission](http://smm.org/visit/hours-admission) | 651-221-9444

## Minnesota Historical Society

Reduced admission for participants  
Adults: \$4 Children under 18: FREE  
Bring: application(online), photo ID, & WIC card  
Includes Oliver Kelly Farm, Historic Fort Snelling, Split Rock Lighthouse, and many others  
[mnhs.org/limitedincomeprogram](http://mnhs.org/limitedincomeprogram)  
651-259-3000



This institution is an equal opportunity provider.

# Sherburne County WIC Community Resource Listing



# General Assistance or Multiple Services

Sherburne County Health & Human Services  
*Services such as cash assistance, food support, & medical assistance.*  
763-765-4000 | [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us)

## Bridge to Benefits

*Find out if you qualify for benefits such as energy assistance, health care, child care assistance, food support, school meals, etc.*  
[mn.bridgetobenefits.org](http://mn.bridgetobenefits.org)

## Tri-CAP

*Offer a variety of services such as energy assistance, financial counseling, & housing.*  
320-251-1612 or 888-765-5597  
[www.tricap.org](http://www.tricap.org)

## United Way - 211

*Learn about a variety of community services.*  
211 or 320-252-3474 or 800-543-7709  
[www.sherburneunitedway.org/find-help](http://www.sherburneunitedway.org/find-help)

## Lutheran Social Services of MN

*Offers a variety of services such as financial, family, housing, mental health, & refugee.*  
800-582-5260 | [www.lssmn.org](http://www.lssmn.org)

## Catholic Charities

911 18th St N, St Cloud  
*Offer a variety of services such as emergency assistance, financial, housing, & mental health. Hours vary.*  
320-650-1550 | [www.ccstcloud.org](http://www.ccstcloud.org)

## Salvation Army

400 Hwy 10 S, St Cloud Hours vary.  
*Emergency food, clothing & shelter.*  
320-252-4552

# Mental Health & Substance Use

## Crisis Text Line

Text MN to 741 741 (24 hrs/day)  
[crisistextline.org](http://crisistextline.org)

## Four County Adult Mental Health Crisis

Response Team  
320-253-5555 or 800-635-8008 (24 hrs/day)  
[cmmhc.org](http://cmmhc.org)

## MN Mental Health

[mnmentalhealth.org](http://mnmentalhealth.org)

## Alcoholics Anonymous

952-922-0880 (24 hrs/day)

## MN Domestic Violence Crisis Line

866-223-1111

# Medical & Dental

Sherburne County Public Health  
*Immunization clinic*  
763-765-4000

CentraCare Family Health Center (St Cloud)  
*Sliding fee scale for services.*  
320-240-3157

North Metro Pediatrics (Coon Rapids)

*Sliding fee scale for services.*  
763-783-3722

St Cloud Technical College Dental Hygiene  
*Low cost services performed by students.*  
320-308-5919

TIP: Call the number on the back of your medical or dental insurance card for help finding a provider.

# Family Planning & Reproductive Health

Sherburne County Public Health  
*Speak to a Public Health Nurse or learn about family home visiting support services. Free condoms upon request.*  
763-765-4000

## MN Family Planning & STD Hotline

800-783-2287 or text ASKMN to 66746  
[sexualhealthmn.org](http://sexualhealthmn.org)

## Planned Parenthood of MN

800-230-7526 | [plannedparenthood.org](http://plannedparenthood.org)

## Pregnancy & Postpartum Support MN

612-787-7776 | [ppsupportmn.org](http://ppsupportmn.org)

## Nucleus Clinic (Coon Rapids)

763-755-5300 (24 hrs/day)

## ABBA Pregnancy Resource Center (Elk River)

763-441-7777

## Rum River Life Choices Center (Princeton)

763-389-7876

## Pregnancy Resource Center (St Cloud)

320-253-1962 or 800-450-1962

## Birthline (St Cloud)

320-253-4848 or 800-786-0200 (24 hrs/day)

# Transportation

## Tri-CAP

320-251-1612 or 888-765-5597  
[tricap.org/transportation](http://tricap.org/transportation)

## River Rider

763-263-0101

TIP: Your insurance may cover rides to your medical appointments. Call the number on the back of your insurance card for more information.

# Child Care & Education

## Early Childhood Family Education (ECFE)

Becker - 763-261-4050  
Big Lake - 763-262-3233  
Elk River - 763-241-3524 or [ecfe@isd728.org](mailto:ecfe@isd728.org)  
Princeton - 763-389-4789  
St Cloud - 320-370-8200

## Special Needs/Early Intervention

Becker/Big Lake/Monticello - 763-272-2050  
Elk River - 763-241-3400 x5563  
Princeton - 763-389-6189

## Head Start

Reach Up - 320-253-8110 or [reachupinc.org](http://reachupinc.org)  
Tri-Valley - 218-281-5832 or [www.tvoc.org](http://www.tvoc.org)  
Program Locator - [eclkc.ohs.acf.hhs.gov](http://eclkc.ohs.acf.hhs.gov)

## Crisis Nursery

*Assistance in emergency situations.*  
763-765-4000 (weekdays 8:00-4:30)  
or 800-635-8008 (evenings & weekends)

## Milestones (St. Cloud)

*Assistance so parents can work/attend school.*  
320-251-5081 x29 (or x16) or 800-288-8549

## Sherburne County Health & Human Services

*List of licensed providers & financial assistance*  
763-765-4000 | [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us)

# Car Seats

## Sherburne County Health & Human Services

*Car seat education and low/no cost seats.*  
763-765-4000 | [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us)

## Car Seat Checks

Gold Cross Ambulance - 320-251-8505  
St Cloud Hospital - 320-251-2700 x54492

# Miscellaneous

## Environmental Health from Sherburne County

Water test - Planning & Zoning 763-765-4450  
Radon test - HHS 763-765-4000  
[www.co.sherburne.mn.us](http://www.co.sherburne.mn.us)

## Free Phone from Safelink

[www.safelinkwireless.com](http://www.safelinkwireless.com)

## Military Family Service/Support Centers

800-342-9647

## St Cloud Area Somali Org (SASSO)

*Assistance for Somali refugees & immigrants*  
320-224-9450

## Sherburne County Legal Advice Clinic

*Free. By appointment on the 2nd Wednesday.*  
763-765-4800