

Minnesota Emergency Food Resources – November 2025

Due to the federal government shutdown and the pause in SNAP benefits, many families are facing increased food insecurity. Below is a compiled list of free food options from community organizations, restaurants, and businesses across Minnesota.

Minneapolis Weekly Meal Sites (Recurring by Day)

See full schedule on igniteafterschool.org or request printable flyer.

Statewide Free Food Offers and Support (Select Locations)

Twin Cities Metro Area

- Hope Breakfast Bar (St. Paul): Free pancakes daily, 7–9 AM, no questions asked
- Hy-Vee (All locations): Free kids meals (12 & under), Nov 3–7, 4–7 PM
- East Side Market (St. Paul): \$50 in free groceries with SNAP card, Nov 5–30
- Surly Brewing (Minneapolis): Free kids' menu item Nov 4–6, 3–6 PM
- Smokestack Express (Bloomington): Free kids' meal with SNAP card
- Yummy Bites (Columbia Heights): Free warm waffle daily, 2–4 PM
- Heights Pizza Man (Columbia Heights): Free pizza, salad, and cheesebread for anyone in need
- The Buzz Café (Burnsville): Free community chili dinner, Nov 5 from 5:30–7:30 PM
- Whiskey Creek BBQ (Burnsville): Free BBQ meal when asking for “Whiskey Creek meal”

Greater Minnesota

- The Brass Rail (Grandy): Email brassrailchicken@gmail.com for food assistance
- Cabina Coffee (Pine City): Free grilled cheese meal for youth 17 and under
- Lock & Dam Eatery (Hastings): Free adult spaghetti and kids meals every Tuesday in November
- Mac Shack (Red Wing): Free SNAP menu every Tuesday
- Irishman's Shanty (Crookston): Free kids chicken strip meal—just call and ask for the SNAP promotion
- Randy's Gluten Free (Oakdale): Free pizza for SNAP families with gluten sensitivities (call 651-335-3353)
- Shakopee Bowl (Shakopee): Free kids hamburger meal daily, dine-in only
- 929 Bar & Grill (Winona): \$5 meal deals for kids and adults every Thursday in November
- Dairy Queen (Stewartville): Free homemade-style meal for anyone in need, Nov 1

Delivery & App-Based Offers

- DoorDash: Free delivery and service fees for one grocery order with SNAP/EBT
- GoPuff: \$50 in grocery credit for SNAP recipients (Nov 1–15 and Nov 16–30)