

## NUTRITION EDUCATION

Class schedules vary.  
Check [goanokacounty.org](http://goanokacounty.org) for links to current offerings.

YMCA DIABETES PREVENTION PROGRAM  
763-230-9622

BRIDGEVIEW DROP-IN CENTER  
(for adults living with SPMI) 763-783-7440

CENTRO TYRONE GUZMAN  
(Centro Cultural Chicano, Inc.) 612-874-1412

### COMMUNITY EDUCATION CLASSES

ANOKA-HENNEPIN DISTRICT #11  
763-506-1260

CENTENNIAL SCHOOL DISTRICT #12  
763-792-6100

COLUMBIA HEIGHTS DISTRICT #13  
763-571-9202

ELK RIVER DISTRICT #728  
763-241-3520

FORREST LAKE DISTRICT #831  
651-982-8302

FRIDLEY DISTRICT #14  
763-502-5100

SPRING LAKE PARK DISTRICT #16  
763-600-5050

ST. FRANCIS DISTRICT #15  
763-753-7190

WHITE BEAR LAKE DISTRICT #624  
651-407-7501

## ONLINE NUTRITION RESOURCES

Learn about healthy eating, get tips and discover tasty recipes  
[goanokacounty.org](http://goanokacounty.org) has links to these resources:

MY PLATE  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

UNIVERSITY OF MINNESOTA EXTENSION:  
LIVE WELL, LIVE HEALTHY  
[www.extension.umn.edu/family/live-healthy-live-well](http://www.extension.umn.edu/family/live-healthy-live-well)

WHAT'S COOKING?  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



## GET IN TOUCH

## HEALTHY EATING RESOURCES IN ANOKA COUNTY

Making the Healthy Choice the Easy Choice



763-323-6097



[Ship@co.anoka.mn.us](mailto:Ship@co.anoka.mn.us)



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

*Making the Healthy  
Choice the Easy  
Choice.*



## FOOD SHELVES

Look for a food shelf that serves the community where you live.

COMMUNITY EMERGENCY ASSISTANCE PROGRAMS (CEAP)  
763-783-4930

ANOKA COUNTY BROTHERHOOD COUNCIL (ACBC) FOOD SHELF  
763-422-0046  
COMMUNITIES SERVED:  
ANDOVER, ANOKA, COON RAPIDS,  
NOWTHEN, OAK GROVE, RAMSEY,  
AND PART OF CHAMPLIN

CENTENNIAL COMMUNITY FOOD SHELF  
763-784-2013  
COMMUNITIES SERVED:  
EAST BLAINE, LEXINGTON, CIRCLE  
PINES, LINO LAKES, AND  
CENTERVILLE

NORTH ANOKA COUNTY EMERGENCY FOOD SHELF (NACE)  
763-434-7685  
COMMUNITIES SERVED:  
BETHEL, CEDAR, EAST BETHEL,  
HAM LAKE, LINWOOD TOWNSHIP,  
OAK GROVE, ST. FRANCIS, AND  
WYOMING

SOUTHERN ANOKA COMMUNITY ASSISTANCE (SACA)  
763-789-2444  
COMMUNITIES SERVED:  
COLUMBIA HEIGHTS, HILLTOP,  
FRIDLEY, AND SPRING LAKE PARK

THE FOOD GROUP (EMERGENCY FOOD SHELF NETWORK)  
763-450-3860



GOANOKACOUNTY.ORG

## FOOD SUPPORT

Help getting enough healthy food to eat. Eligibility requirements may apply.

ANOKA COUNTY ECONOMIC ASSISTANCE DEPARTMENT (SNAP/FOOD ASSISTANCE)  
763-422-7200

WOMEN, INFANTS & CHILDREN (WIC)  
763-422-7055

MINNESOTA FOOD HELPLINE  
1-888-711-1151

## COMMUNITY MEALS

Visit [goanokacounty.org](http://goanokacounty.org) and click on "Family Table Meals" website for a calendar of free meals at local churches and community agencies.

612-998-1014  
[www.communityfoodcalendar.weebly.com](http://www.communityfoodcalendar.weebly.com)

## MEALS ON WHEELS

Noon meals for people 60 years and older. Look for an agency that serves the community where you live.

IMPACT SERVICES  
763-236-8718  
COMMUNITIES SERVED:  
ANOKA, CHAMPLIN, HAM LAKE,  
ANDOVER, RAMSEY, OAK GROVE,  
COON LAKE, LINWOOD,  
ST. FRANCIS, NOWTHEN, BETHEL,  
EAST BETHEL, CIRCLE PINES, LINO  
LAKES, CENTERVILLE, LEXINGTON,  
AND COLUMBUS

HOT MEALS FOR SHUT-INS  
763-236-3640  
COMMUNITIES SERVED:  
FRIDLEY, SPRING LAKE PARK,  
COLUMBIA HEIGHTS, AND HILLTOP

COON RAPIDS - BLAINE MEALS ON WHEELS  
763-489-3608

## FARMER'S MARKETS

A place to buy locally grown vegetables and fruit. Check for hours of operation.

LOCATIONS:  
ANOKA 763-792-4025  
ANDOVER 651-227-8101  
BLAINE 763-792-4025  
CREST VIEW 763-792-4025  
(Columbia Heights)  
LINO LAKES 651-259-2119  
NOWTHEN 612-751-9995

FARE FOR ALL  
Buy fresh fruit, vegetables, and frozen meat in bulk and save money.  
763-450-3880

## WEIGHT MANAGEMENT

Free support to stop compulsive eating.

OVEREATERS ANONYMOUS  
505-891-2664

## BREASTFEEDING SUPPORT

Help to get started or continue breastfeeding.

ANOKA COUNTY PUBLIC HEALTH NURSES  
763-422-6970

LA LACHE LEAGUE BREASTFEEDING HOTLINE  
877-452-5324

NATIONAL BREASTFEEDING HELPLINE  
800-994-9662

## HEALTH PLANS

Check with your health plan for additional services, such as talking to a health coach over the phone, meeting with a dietitian or getting discounts on healthy foods at the grocery store. Services and fees vary by plan.