

## **Additional Helpful Numbers**

**Call 911**

*For Police, Fire and Medical  
Emergencies.*

**Call 211**

*for*

**United Way Information and Referral**

*Cell phone users call 651.291.0211  
24 hour information and referral regarding  
health and social services in the metro area.*

*English spoken 24 hours a day. Hmong,  
Spanish and Somali interpreters weekdays  
8:00am – 6:00pm and 24 hours on weekends  
and holidays..*

**Call 651.291.6795**

*For*

**Emergency Social Services**

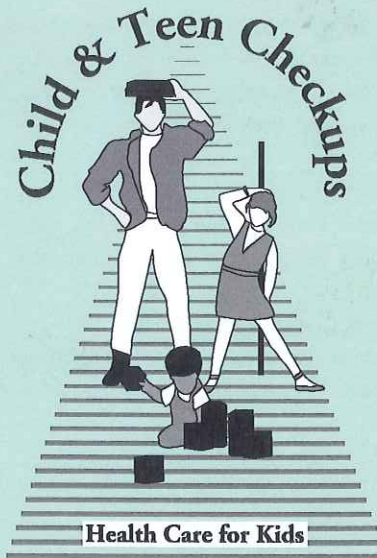
*After hours response for Ramsey County  
Social Services. Weekdays 5pm–8am and 24  
hours on weekends and holidays*

**Call 651.222.4731**

*For*

**Legal Aid**

*Legal assistance for income-eligible clients*



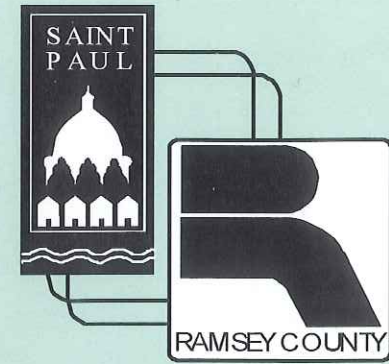
Published by

Saint Paul - Ramsey County  
Department of  
Public Health

Child and Teen Checkups  
Program

and

Healthy Communities  
Section



**Food,  
Clothing  
and  
Shelter  
Resources  
for  
Ramsey  
County  
Residents**



## Food

- **Ramsey County Women, Infant and Child Program (WIC):**

Supplemental food and nutrition program for women and mothers who are breastfeeding; income eligibility; health screening and nutrition counseling is available.

651.266.1300

- **Food Shelves:**

To find the nearest food shelf call Second Harvest Heartland—St. Paul Office.

651.484.5117  
(7am—4:30pm)

- **Food Stamps:**

Apply in person at 160 E. Kellogg Blvd. Call for information about application procedures.

651.266.4444

- **Free Meals:**

To find the nearest location, times and days available, please call **First Call for Help—2 1 1**. Cell phone users call

651.291.0211.

- **Fare for All:**

Food for approximately half-price in exchange for two hours of community service; no income eligibility requirements. Call for information and site nearest to you.

763.450.3880

## Clothing and Furniture

- **Alley Shop:** (651.776.8708) Free clothing and household items through Arlington Hills Church for those with a referral slip from a social worker.

- **Birthright:** (651.646.7033) Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc.

- **Catholic Charities:** (651.222.1787) Furniture available to Ramsey County residents referred through a social worker.

- **Disabled American Veterans Thrift Store:** (651.292.1707) Low cost furniture, clothing, household items, etc.

- **Goodwill/Easter Seals:** (651.379.5800) Low cost furniture, clothing, household items, etc.

- **Hallie Q. Brown Community Center** (651.224.4601) Free clothing distribution.

- **Joseph's Coat:** (651.291.2472) Free seasonal clothes, personal care products and small household items

- **St. Vincent DePaul Thrift Store:** (651.227.1322) Low cost furniture, clothing, household items, etc.

- **Salvation Army Thrift Store:** (651.771.7779) Low cost furniture, clothing, household items, etc.

- **Women Life Center:** (651.776.2328) 2 Locations; baby equipment, diapers, clothing and formula. Also offers parenting education and ultra-sound for expectant mothers.

## Shelter/Housing

- **Caroline Family Services:** (651.772.1394) Transitional housing and housing support services for low-income women with children who are homeless or at risk of being homeless.
- **Housing Link:** (651.291.0211) Call First Call for Help. Low to moderate income housing information.
- **Open Cities of St. Paul:** (651.221-4442) Transitional supportive housing for recovering chemically dependent women and their children.
- **Naomi Family Center:** (651.222.7962) Transitional housing for women and children; parenting programs.
- **St. Paul Public Housing:** (651.298.5158) Subsidized housing for low-income families.
- **The Family Place:** (651.225.9354) Crisis shelter intake for homeless families; support and social services for homeless families.
- **Therese Living Center:** (651.774.5594) Transitional housing for single women, pregnant women and women with children age 5 and under.
- **YWCA Transitional Housing Program:** (651.293.9296) Transitional housing for women and children.