

Olmsted County Food Resources

11/4/2025

Rochester Food Resources

Channel One Regional Food Bank (Food Shelf & Grocery Delivery) 507.287.2350

131 35th Street SE, Rochester, MN 55904

Provides indoor shopping Monday–Thursday (8 a–6 p) and Friday (8 a–noon). Weekly visits are allowed. If you are new to Channel One, registration takes a few minutes. No appointment is needed, and no identification, proof of address, proof of income, or proof of household size is required.

<https://www.helpingfeedpeople.org/>

125 Live Community Center Pantry 507.287.1404

125 Elton Hills Dr NW, Rochester MN 55901 Lower Level

Monday, Tuesday, Thursday and Friday from 1:00pm – 2:30pm and Saturday 11:30 am –12:30 pm.

No income requirements; one bag per household. Open to all Members and the public, targeting older adults. Photo ID required.

<https://125livemn.org/food-pantry/>

Hosanna Food Ministries (Hosanna's Pantry) 507.285.0092

2815 57th ST NW, Rochester MN

Monthly pantry (4th Saturday of the month 9:00–11:30am) distributing food & personal-care items.

<https://www.hosannalutheran.org/hosanna-food-ministries>

Life Gate Pantry 507.206.3174

[1310 10th Ave NE, Rochester](#) MN

1st and 3rd Saturdays of the month 10:00am - 12:00 (noon). African and Hispanic cultural foods are included in the food served. Follow on Facebook at LifeGate Services.

<https://lifegateservices.org/>

Oasis Church 507.289.8596

3819 18th Ave NW Rochester, MN 55901

Every 3rd Saturday of each month from 10:00am - 11:30am Grocery's & Warm meal.

<https://www.oasisrochester.org/supermarket-saturday>

Pamoja Pantry [507.226.8101](tel:507.226.8101)

829 3rd Ave SE Ste 205, Rochester MN

We partner with Channel One Food Bank to offer hot, culturally appropriate meals (East African) and a food pantry stocked with culturally appropriate foods.

www.pamojawomen.org

Ruby's Pantry

Ruby's Pantry is for anyone that is looking to extend their monthly grocery budget. For a \$25 bundle donation, you will receive an abundance of groceries. There is no income or residency requirement. Guests can attend as many locations each month that work for their schedule.

Rochester MN, Holy Cross Lutheran Church 2703 9th Ave NW, 2nd Saturday of the month.

Registration begins at 9:00am. Food bundles are available 9:00am-10:30am.

St. Charles MN, Brookwood Park, 272 West 1st Street, 2nd Thursday of the month. Registration begins at 4:00pm. Food bundles are available 4:00pm-5:30pm.

Zumbrota MN, Our Saviors Lutheran Church, 1549 East Ave, Zumbrota MN, 1st Saturday of the Month. Registration begins at 9:00am. Food bundles available 9:00am-10:00am

<https://www.rubyspantry.org/>

Rochester Community Church Food Shelf 507.289.7491

Food shelf is open the second Saturday of the month 9:00am – 11:30am

<http://rochestercommunitychurch.org/channel-one-food-bank>

The Salvation Army Food Pantry 507.288.3663

115 1st Ave NE, Rochester MN

Food Shelf Tuesday and Friday 10:00am - 3:30pm

Bread Shelf Monday - Friday stocked at 8:00am on Wednesdays

<https://centralusa.salvationarmy.org/northern/rochester/programs-and-services/>

Little Pantries

<https://www.facebook.com/LittleFreePantriesofRochesterMN/>

Northwest – 55901

Family Promise Rochester, 913 1st St NW, Rochester

Forager Little Free Pantry 1005 6th St NW, Rochester

Gloria Dei Lutheran Church Little Pantry 1212 12th Ave NW, Rochester

Hosanna Lutheran Church Helping Hands Pantry, 2815 57th St NW, Rochester

Southwest - 55902

Christ United Methodist 400 5th Ave SW, Rochester

People of Hope 3703 Country Club Road Southwest, Rochester

Zumbro Lutheran Church mini pantry, 624 3rd Ave SW, Rochester

Southeast - 55904

Hope Summit Christian Church 1315 6th Ave SE, Rochester

Next Chapter Ministries 720 3rd Ave SE, Rochester

Redeemer Lutheran Church Little Free Pantry 869 7th Ave SE, Rochester

Slatterly Neighborhood Little Free Pantry 869 7th Ave SE, Rochester

Northeast - 55906

Recovery Is Happening 25 16th St NE, Rochester

Stewartville – 55976 <https://www.zion-stewartville.org/food-security>

Library 110 2nd St SE, Stewartville

Central School

Middle School front doors-far left, 440 6th Ave SW

Northridge, mailbox area

Southern Hills 105 20th St NW, Stewartville - office area

Zion Church walk in front door, turn L-open M-F 8-4 and Sunday morning

Free Bread

Great Harvest Bread

North Broadway and 2483 Commerce Drive NW

Walk in and take what you need from the shelf that is labeled.

Salvation Army Bread Pantry 507.288.3663

115 1st Ave NE, Rochester, MN

Guests are welcome to take bread from our free bread pantry stocked at 8:00am Monday – Friday.

Pet Pantries

Hawthorne Education Center (Pet Pantry)

700 4th Ave SE, Rochester

Paws & Claws (Bin on backside of building) 507.288.7226

3224 19th St. NW, Rochester

Free & Prepared Meals

Community Food Response (CFR) 507.281.5061

120 1st St NE, Rochester MN (Salvation Army Campus)

Prepared meals and take-home dishes (soups, sandwiches, hot meals) no eligibility requirements.

No proof of eligibility is required to receive food. All who need food are welcome. The food we distribute is rescued from hospitals, restaurants, caterers, grocery stores and other commercial kitchens in Rochester. In addition to helping people in need, CFR helps reduce the amount of food waste generated by area businesses. Drop-in Monday, Wednesday and Friday 4:00pm-6:00pm.

<https://www.communityfoodresponse.org/>

Open Table Food Truck 507.288.2649

Open Table is a mobile food ministry that serves a meal every Thursday evening to guests in SE Rochester. All are welcome. No registration required. Anyone who desires a free meal is welcome.

Summer Locations (June-Oct.):

5:00 – 5:45pm Parkside Park

6:00 – 6:30pm Eastridge Estates

Winter Locations (Nov.-May):

5:00pm Oak Terrace mailboxes

5:30pm Parkside mailboxes

6:00pm Eastridge Estates

<https://www.zumbrolutheran.org/open-table>

Salvation Army 507.288.3663

115 1st First Ave NE, Rochester MN

Free lunch served Monday - Friday 11:30am – 12:30pm

<https://centralusa.salvationarmy.org/northern/rochester/programs-and-services/>

The Landing 507.884.0423

426 3rd Ave SE Rochester, MN

Unhoused guests have access to the cafe throughout the day for breakfast (8:00am – 9:00am) lunch (1:00pm – 2:00pm), snacks and a hot meal during dinner service (5:00pm – 7:00pm). Monday - Friday

<https://www.thelandingmn.org/>

Community Free & Prepared meals for Seniors**Family Service Rochester Senior Café (for seniors)**

[Senior Cafe 1625 Hwy 14 E, Rochester](#) MN

Meals Monday and Tuesday at 11:30am (call by 2:00pm the day before); \$4 suggested donation (free if unable to pay)

<https://familyservicerochester.org/Senior-Cafe>

Meals on Wheels 507.287.2010

Meals on Wheels provides home delivered, dietetically correct, hot, nutritious meals to Rochester seniors.

<https://familyservicerochester.org/Meals-On-Wheels/>

SEMCAC Senior Dining

Anyone age 60 and over. Spouses are automatically included regardless of age. Diners are given the opportunity to donate toward the cost of the meal. Donation guidelines are posted at the sites. No one is denied a meal because of the inability to contribute. Food Stamp EBT, debit, and credit cards are welcome. A reservation made 24 hours in advance is required. Contact your local dining site between the hours of 9:00 a.m. and 12:00 noon to reserve your meal for the following day.

<https://www.semcac.org/senior-dining/>

City	Time	Days	Where	Address	Phone #
Rochester	11:30	M,Tu,W,Th,F	125 Live	125 Elton Hills Dr NW	(507) 287-1404
Rochester	11:30	M,Tu,W,Th,F	Central Towers	200 1st St NW	(507) 529-4139
Rochester	11:30	M,Tu,W,Th,F	Fontaine Towers	102 2nd St SE	(507) 529-4614
Rochester	11:30	M,Tu,W,Th,F	High Pointe Senior Community	1800 High Pointe Ln NW	(507) 424-1858
Rochester	11:30	M,Tu,W,Th,F	Kenosha Drive Apartments	3461 Kenosha Dr	(507) 206-5163
Rochester	11:30	M,Tu,W,Th,F	Northgate Plaza	902 NW 11th Ave	(507) 287-7152
Rochester	11:30	M,Tu,W,Th,F	Park Towers	22 N Broadway	(507) 287-7868
Rochester	11:30	W	Muna Halal Restaurant	1352 3rd Ave SE	(507) 864-8231
Rochester	11:30	M,Tu,W	FSR South	1625 US Hwy 14	(507) 864-8231
Stewartville	11:30	M,Tu,W,Th,F	Civic Center	120 City Center Dr	(507) 533-4787

Church & Community Meal Programs

Christ United Methodist 507.289.4019, 400 5th Ave SW, Rochester, MN

Wednesday Soup Dinner 5:20pm (During school year)

Saturday appetizers at 11:00am, lunch served at 12:00pm (noon),

<https://cumethodist.com/saturdaynoonmeals/>

St. Francis of Assisi Church 507.288.7313, 1114 3rd St SE, Rochester MN

The Sunday Lunch Program is a weekly, noon meal sponsored by the six Rochester Catholic Parishes and provided at no cost to any needy person in the Rochester Community.

<https://www.stfrancis-church.org/ministry-and-outreach>

Oasis Church 507.289.8596

3819 18th Ave NW Rochester, MN 55901

Every 3rd Saturday of each month from 10:00am - 11:30am Grocery's & Warm meal.

<https://www.oasisrochester.org/supermarket-saturday>

Peace United Church of Christ

1503 2nd Ave NE, Rochester MN 55906

We really look forward to making Tuesday evenings the highlight of your week with a chance to share a meal, enjoy a presentation 6:00pm –7:00 pm (as scheduled) and get to know your Peace Community.

<https://www.peaceunited.us/events>

The Exchange

3945 10th Ave NW, Rochester MN 55906

Neighborhood Dinner Thursdays 3:00-5:00. Prep and dinner served at 5:30. Family style meal that you help prepare.

<https://www.exchange-co-op.org/activities>

Surrounding Area

Byron Food Pantry

Byron Community Education Building, 630 1st Ave NW, Byron MN 55920

Wednesdays 9:00am-11:00am, Thursday 12:00 (noon) – 2:00pm and the first Friday of the month 6:00pm – 8:00pm

<https://bce.bears.byron.k12.mn.us/about-us/community-ed-at-a-glance/food-pantry-community-closet>

Chatfield Community Food Shelf 507.867.3529

Tuesday 6:00pm – 7:30pm and Friday 9:00am – 10:30am

124 Winona St SE, Chatfield MN 55923

Eyota - Front & Center Eyota Food Shelf 507.405.5653

111 Center Ave S, Eyota, MN 55934

Emergency Food Boxes are available by calling. Open Thursday – 3pm to 6pm, Friday – 2pm-3pm open for Seniors, 3pm-5pm all others, Saturday – 10:00am to 4:00pm.

Kasson – SEMCAC 507.634.4350

105 S Mantorville Avenue, Kasson MN 55944

Tuesday and Thursday 8:00am-12:30pm and 1:30pm – 4:30pm

Food is pre-packaged and distributed to registrants curbside (can register over the phone). Eligible 1x per month. Information needed for registration is mail with current address, ID and knowledge of household birthdates.

<https://www.semcac.org/food-security-nutrition/food-shelves/>

Oronoco Food Shelf 507.367.4711

Presbyterian Church of Oronoco, 20 3rd St SW, Oronoco 55960

2nd & 4th Wednesdays 5-6:30pm. We provide a welcoming place with good food options for those in northern Olmsted County. Like a small grocery store, we hope that everyone will feel comfortable finding the items they might need for pantry and fridge. Will ask for your zip code and the number of people in the household that you are shopping for (seniors, adults, children). There is no cost.

<https://oronocofoodshelf.weebly.com/>

Pine Island Sharing Shelves 507.722.1331

611 North Main Street, Pine Island MN 55963

2nd & 4th Tuesday 5:30-7:00pm and Wednesday 9-11am

Our goal is to provide you with the food you need for yourself and your family in a friendly and dignified manner. Shoppers can come on a weekly basis or as needed. We offer emergency delivery and curbside pickup services. Please call and leave a message.

Preston – SEMCAC 507.765.2761

515 Washington St NW, PO Box 5, Preston MN 55965

Tuesday 9:00am-12:00 (noon) and 1:00pm-6:00pm, Thursday 9:00am-12:00 (noon) and 1:00pm – 4:00pm.

<https://www.semcac.org/food-security-nutrition/food-shelves/>

Racine United Methodist Food Shelf 507.378.4801

401 E Main St, Racine, MN

Thursday 6pm-8pm except Holidays.

St Charles Food Pantry at Hometown Resource Center 507.932.8056

1244 Whitewater Ave, St Charles MN 55972

Thursdays 10:00am – 5:00pm

<https://hometownrc.org/>

Zumbrota Area Emergency Food Shelf 507.732.7330

244 S. Main Street, Zumbrota, MN 55992

1st & 3rd Monday 2:00pm - 3:30pm, 3rd Wednesday 10:00am -11:30am and 2nd & 4th Thursday 6:30-8:00pm

Other Supportive Programs**Commodity Supplemental Food Program 507-287-2350 or 1-877-500-8699**

Channel One Food Bank (Serves Dodge, Faribault, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, Waseca, and Winona counties.)

A monthly supply of food, nutritionally designed for individuals 60 years of age and older, to enhance monthly groceries. Participants select what they need from specific food options. Prepare their own meals and do not live in a facility that provides meals.

<https://www.health.state.mn.us/people/csfp/income.html>.

<https://www.health.state.mn.us/taxonomy/term/1229>

Lasagna Love

Our mission is to feed families, spread kindness, and strengthen communities. Through our neighbor-to-neighbor movement, we connect volunteer lasagna chefs who want to help with individuals and families in need, providing home-cooked lasagnas made with love.

<https://lasagnalove.org/request-a-meal/>

Minnesota Benefits

Apply for Food assistance (SNAP), Cash Programs, Emergency Assistance, Housing Support, and Child Care Assistance.

<https://mnbenefits.mn.gov/>

WIC Assistance (Women's Infants and Children) 507.328.7555

2100 Campus Dr SE, Rochester MN

WIC (Women Infants and Children) serves families with infants and children up to age five and pregnant and postpartum people. All families are welcome at WIC, including dads, grandparents, foster parents, and working families.

<https://www.olmstedcounty.gov/residents/services-individuals-families/child-youth/WIC>

Resources

211 Call 211 or text your ZIP code to 898-211 to find resources you need.

Obtain free and confidential information on health and human services. 211 call centers are staffed 24/7 by trained Community Resource Specialists who assess needs and refer callers to the help they seek.

<https://211unitedway.org/>

Olmsted County GPS Guiding Partners to Solutions 507.328.6325

Family Service Rochester/Family Resource Center 507.218.3255 Hello@frc-mn.org

<https://familyservicerochester.org/Family-Resource-Center>

<https://www.findfoodgoodhuecounty.com/contact>

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect>

<https://www.olmstedcounty.gov/residents/services-individuals-families/crisis/resources-community>

<https://rochestermn.qscend.com/311/knowledgebase/article/20621>

<https://rochestermnyouth.org/food-shelves/>

<https://www.hungersolutions.org/find-help/>

Thank You!

Current as of 11/4/2025 1:00m

Resource list prepared by Three Rivers Community Action Program and Workforce Development, Inc.

If you have additional resources or corrections, please contact

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