

SNAP Benefit Lapse Resources

Due to a lack of funding caused by the federal government shutdown, SNAP and MFIP food benefits will not be issued for November. Visit dcyf.mn.gov/federal-shutdown for more information. **View the additional resources for EBT card holders listed below to use through the SNAP benefits lapse period.** Second Harvest Heartland recommends calling each site to confirm availability.

Local Food Shelves: Visit Second Harvest Heartland's [Care Center Find Food Map](#) to find local food resources near you- https://2harvest.service-now.com/care_center?id=food_map or Call Us at 651-401-1411.

Restaurants Offering Free Food: Source: <https://www.fox9.com/news/snap-benefits-free-food-minnesota>.

Buzz Coffee and Cafe in Burnsville

411 W Burnsville Pkwy, Burnsville, MN 55337

[\(952\) 808-9255](tel:9528089255)

The Buzz will host a free community chili night from 5:30-7:30 p.m. on Nov. 5. All are welcome. The restaurant will be serving chicken chili, veggie chili, cornbread, sodas, milk and plain waffles and eggs for children 12 and under.

Those who plan to attend are encouraged to sign up here: forms.gle/eX6gKoEsqzTd6apE7 , so The Buzz can plan for food quantities.

Whiskey Creek BBQ in Cottage Grove

8690 E Point Douglas Rd S, Cottage Grove, MN 55016

[\(931\) 215-5554](tel:9312155554)

This food truck will be offering "Whiskey Creek meals" for free for those who ask for it. It includes a pound and a half of pulled pork, two medium sides and four cornbread buns.

Yummy Bites

4230 Central Ave., Columbia Heights

Anyone in need can get a free warm waffle from the business between 2 p.m. and 4 p.m. each day.

929 Bar & Grill

929 E. Sanborn St., Winona

[\(507\) 454-6362](tel:5074546362)

Not a free meal, but the business is reducing its \$8 cheeseburger basket special + side to \$5 every Thursday in November, except Thanksgiving. "Knowing that some children don't like burgers so we will honor this price for our Chicken Tenders and Grilled cheese baskets for kids as well," it adds.

Tater Top Food Truck in Otsego

(612) 483-7207

The Tater Top Food Truck in Otsego is offering a free meal for anyone in need, no questions asked. Just let the crew know you'd like a "community meal," and they'll take care of the rest.

The truck serves loaded baked potatoes, loaded tots, loaded fries, and loaded cheese curds. More information can be found on their Facebook page:

https://www.facebook.com/people/Tater-Top-Food-Truck/61573842972353/?mibextid=wwXlfr&rdid=QRJPSSnXpRbejvod&share_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2F1JBfgmt8id%2F%3Fmibextid%3DwwXlfr

Brass Rail in Gandy

36868 MN-65, Grandy, MN 55029

(763) 689-9965

Known for its boasted chicken, Brass Rail in Grandy is offering help to anyone experiencing food insecurity due to the government shutdown.

Reach out to them by emailing brassrailchicken@gmail.com and they will help or find someone who can.

More information can be found on their Facebook page:

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

Heights Pizza Man in Columbia Heights, Fridley, New Brighton and Northeast Minneapolis

4045 Central Ave NE, Columbia Heights, MN 55421

(763) 231-4455

Starting on Monday, Heights Pizza Man in Columbia Heights, Fridley, New Brighton and Northeast Minneapolis, will serve pizza slices, salads and cheese bread available for those in need, no questions asked. They plan to keep providing food as long as their budget allows.

Duluth's Best Bread in Duluth

120 E Superior St, Duluth, MN 55802

(218) 340-9410

Duluth's Best Bread says children age 12 and younger will eat free from Nov. 4 until SNAP benefits are restored. Children can stop by to get a day-old loaf of bread or pastry for free, according to a social media post.

"Just mention the "DBB KIDS Special" and our team will take care of the rest. No questions asked, no purchase necessary," according to Duluth's Best Bread's post.

Lock and Dam Eatery in Hastings

101 2nd St E, Hastings, MN 55033

[\(651\) 319-0906](tel:6513190906)

Lock and Dam Eatery in Hastings will serve free meals to children and adults on Tuesdays starting on Nov. 4, according to a Facebook post. Children can order off the kids menu and adults can order spaghetti or fettuccine Alfredo (with proof of SNAP and a matching ID).

Randys Gluten Free in Oakdale

6030 50th St N #3, St Paul, MN 55128

[\(651\) 335-3353](tel:6513353353)

Randys Gluten Free is offering children under 16 with Celiac or wheat sensitivities fresh and frozen pizzas, according to a post on Facebook.

Reach out to Randy by calling 651-335-3353 or email randy@randyspizza.com.

The Mac Shack

930 Main St., Red Wing

[\(651\) 571-8962](tel:6515718962)

Every Tuesday from Nov. 4 from 11 a.m. and 7 p.m. it will offer a free SNAP menu for anyone who shows their SNAP portal showing they are active in October.

Surly Brewing

520 Malcolm Ave. NW, Minneapolis

[\(763\) 999-4040](tel:7639994040)

From Nov. 4 to 6, mention "kids special" from 3–6 p.m. and get a free item from the kids' menu at the beer hall. There's a one item per day limit per child.

Cabina Coffee

455 Main St S, Pine City

[\(320\) 629-5982](tel:3206295982)

Starting Nov. 1, any grilled cheese sandwich ordered for or by a child aged 17 and under will get it for free. It comes with chips and a pickle. The offer continues until SNAP benefits are restored.

Shakopee Bowl in Shakopee

3020 133rd St W, Shakopee, MN 55379

[\(952\) 445-8112](tel:(952)445-8112)

Children will eat free at Shakopee Bowl starting Nov. 1 until SNAP benefits are restored, Shakopee Bowl said on social media.

Any child who goes to the restaurant can get a free hamburger kid's meal. It's limited to one per child and they child must be present for dine-in meals. No purchase is necessary and no questions will be asked.

Hope Breakfast Bar in St. Paul

1 S Leech St, St Paul, MN 55102

[\(651\) 330-8996](tel:(651)330-8996)

Hope Breakfast Bar's St. Paul location will be offering free pancakes for families in need between 7-9 a.m. starting on Nov. 3. Any family can stop in and get hot, fresh pancakes to take home — no questions asked, according to an Instagram post.

Eggroll Queen food truck

85 County Rd B E, Little Canada, MN 55117

[\(612\) 405-3815](tel:(612)405-3815)

The beloved food truck has posted on its social media that it will be offering "free community meals" while a SNAP benefit pause is in effect.

The menu includes fried rice, pork stir-fry and chicken dumplings, and they can be contacted through their official Facebook page.

<https://www.facebook.com/eggrollqueen1/>

The Nook and Shamrocks in St. Paul

492 Hamline Ave S, St Paul, MN 55116

[\(651\) 698-4347](tel:(651)698-4347)

The Nook and Shamrocks will be offering free kids meals, Monday through Wednesday, beginning Nov. 1. Kids' meals include either a hamburger or cheeseburger, fries and an apple. To place a to-go order, as this offer is not available on the online platforms, people should call 651-698-4347. The restaurant is requesting anyone bring a photo ID and SNAP card upon pick up.

Irishman's Shanty

1501 S. Main St., Crookston

(218) 281-9912

The Irish bar and restaurant is offering free chicken strips meals to kids in need. "If you are struggling to feed your child all you have to do is call and say you would like to use the snap promotion and no other questions will be asked," it said. The business can be reached at (218) 281-9912.

East Side Market

962 Burr St., St. Paul

(651) 776-8181

From Nov. 5-30, East Side Market will provide any customer with a SNAP EBT card that is in need with \$50 of free groceries, including meat, breads and milks, provided their EBT cards are not loaded for November.

Dairy Queen in Stewartville

920 N Main St, Stewartville, MN 55976

(507) 533-8540

Dairy Queen in Stewartville is offering free meals to families starting at 10 a.m. on Nov. 1. They'll serve one meal per person while supplies last, no questions asked, according to a Facebook post.

Taco John's in Thief River Falls

122 3rd St W, Thief River Falls, MN 56701

(218) 681-5987

Taco John's in Thief River Falls is offering anyone impacted by the government shutdown can head to this location and order the "Community Support Special." The special includes a free beef or bean burrito and Jr. Potato Oles. The special will be from Oct. 31 through Nov. 2 and is available from 9 a.m. to 11 a.m.

Delivery Service App Support:

DoorDash SNAP assistance

DoorDash has launched an emergency food response to help those impacted by the lapse in SNAP benefits. DoorDash will deliver 1 million free meals through food banks and waive fees on grocery orders for an estimated 300,000 SNAP recipients.

DoorDash is waiving merchant fees for all 300+ Project DASH partner food banks, food pantries, and community organizations nationwide throughout November, equal to an estimated 1 million meals.

Customers who have a valid SNAP/EBT card linked to their DoorDash account will receive \$0 delivery fee and \$0 service fee on one order placed at select SNAP-enabled stores on DoorDash:

- Sprouts
- Dollar General
- Schnucks
- Food Lion
- Giant Foods
- The GIANT Company
- Hannaford
- Stop & Shop
- Hy-Vee
- Giant Eagle
- Wegmans

Offer valid from Nov. 1-30, 2025. Eligible customers will need to use promo code SNAPDD to redeem. Limit one per person. The offer is not valid for orders containing alcohol. For more information, <https://about.doordash.com/en-us/news/snap-shutdown-announcement>

GoPuff SNAP assistance

GoPuff is donating up to \$10 million in free groceries to hundreds of thousands of SNAP recipients by way of a \$50 credit for groceries. <https://www.gopuff.com/>

The credit will be broken into two during the month of November. To redeem, add your SNAP/EBT card to a GoPuff account and add eligible groceries to your cart.

From Nov. 1-15, 2025: Use code SNAPRELIEF1 at checkout for \$25 off SNAP-eligible items and FREE delivery.

From Nov. 16-30, 2025: Use code SNAPRELIEF2 at checkout for \$25 off SNAP-eligible items and FREE delivery.

The credit will be available to the first 200,000 users each time period.

Instacart

Starting this week, Instacart is offering active SNAP customers 50% off their next grocery order — up to a \$50 discount. This special offer is designed to immediately help families stretch their grocery dollars, allowing them to keep nutritious staples and daily essentials in their carts and on their tables.

All eligible customers who used EBT SNAP benefits to get groceries delivered via Instacart at any point in October will receive an individual discount code via email in the coming days. This offer can be redeemed nationwide from any one of the nearly 180 retail banners and 30,000 stores that offer SNAP payments via Instacart, up to 100,000 redemptions — representing a commitment of up to \$5 million in direct relief for families on SNAP.

<https://www.instacart.com/company/updates/instacart-launches-support-for-snap-families-food-banks>

Other Resources:

Minnesota Children's Museum

10 7th St W, St Paul, MN 55102

[\(651\) 225-6000](tel:6512256000)

Minnesota Children's Museum will provide free admission through November to families enrolled in the federal Supplemental Nutrition Assistance Program (SNAP).

The museum wants to support families that might not receive their normal SNAP benefits because of the federal government shutdown.

Mill City Farmers Market

750 S. Second St., Minneapolis

[\(612\) 341-7580](tel:6123417580)

Starting on Saturday, Nov. 1, any customer who presents an EBT card at its info booth can receive \$10 in Farmer's Market Bucks. "While this match is modest compared to the \$30 SNAP recipients typically receive at the market for spending \$10, it ensures that low-income families and individuals can continue to shop for fresh, local food during uncertain times," it says.

Sources:

<https://www.fox9.com/news/snap-benefits-free-food-minnesota>

<https://mcm.org/minnesota-childrens-museum-will-provide-free-admission-through-november-to-families-enrolled-in-the-federal-supplemental-nutrition-assistance-program-snap/>

<https://bringmethenews.com/minnesota-lifestyle/a-list-of-places-in-minnesota-offering-free-food-to-snap-recipients-in-november>

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