

Basic Needs Resource Page

It is very common to experience financial difficulties as a result of enduring or escaping an abusive relationship. Those currently experiencing violence at home might find that their abuser withholds money for food and other necessities. Someone who has left an abusive relationship may find themselves unable to make ends meet on only one income. If you or someone you know is experiencing financial hardship due to domestic violence, take a look at the links below to find resources related to food, clothing, and energy and cash assistance.

The links below are based in Ramsey and Hennepin counties, and may not be accessible to residents of greater Minnesota. To access a larger number of resources located throughout the state, visit [Women's Advocates' Online Resource Hub](#).

Food and Clothing

Fare for All

- Mobile food outreach in Buffalo, St. Joseph, and Mankato. All other locations currently closed due to COVID-19.
- In ordinary times, Fare for All is a discounted grocery program that offers food items at a 40% discount.

Keystone Community Services

- Two food shelf locations
- Offers additional food services such as crisis support and mobile food van

Hallie Q. Brown Community Center

- Offers a free clothing closet and food shelf
- Due to COVID-19, hours are by appointment only. Follow the link above to complete a Food Shelf Request Form.

Free Meals for Kids

- A list of area restaurants offering free meals to children during COVID-19 –related school closures
- Note: some of the restaurants listed also offer free meals for adults.

Energy and Cash Assistance

Community Action Partnership of Ramsey and Washington Counties

- Offers rental, energy, and emergency assistance to qualifying applicants.

Ramsey County Emergency Assistance

Hennepin County Emergency Programs