

Grocery Resources

In response to COVID-19, the public has been urged to make fewer trips to the grocery store, but meal planning and grocery shopping for two weeks' worth of food can be challenging. UMN Extension has designed a Two Week Menu Kit that provides a meal plan, shopping list, and recipes that is available here. The kit has been designed and approved by registered dietitians, assuring that the basic nutrient needs are met by the food contents. Please share with your family, friends, and co-workers to minimize traffic at the grocery store, and to reduce stress levels.

- **Volunteer Services of Carlton County, Inc.** is offering “Groceries-To-Go for people 60+ years old. **Please call 218-879-9238 to register.** Participants will place their order over the phone, volunteers will deliver groceries and other products to your door wearing protective gloves and will not have contact when dropping off the groceries.
- **Age Well Arrowhead** has a similar service for Groceries to Go. **Please call 218-623-7800,** or visit their website for more details.
- **The Arrowhead Economic Opportunity Agency, Inc.** provides homebound seniors with delivered meals. **Please find more information by calling 218-735-6899/1-800-662-5711 ext. 6899, or by visiting their website.**