

# Food and Nutrition

- **Itasca County Food Shelf Coalition**

- Locations include:
  - Deer River
  - Grand Rapids
  - Nashwauk
  - Bigfork

- **Community Café**

- The Community Café is a local non-profit 501 C3 organization. The purpose is to provide the children to the elderly, low income families, and people with disabilities with a FREE and more importantly a healthy meal with a sense of social connection. In addition the Community Café provides meals to other area organizations such as; Grace House, Youth for Christ (Ground Floor) and the Boys and Girls Club of Deer River.
- **Locations:**
  - Grand Rapids IRC
  - Deer River High School
- **When:** Every Tuesday and Thursday from 4::30-6:30

- **Minnesota NAPS**

- A nutrition assistance program for seniors. With NAPS, qualifying older Minnesota adults receive FREE supplemental food package every month. Each package includes a nutritious balance of shelf-stable foods, plus reduced fat cheese
- To qualify you must:
  - Be 60 or older, meet NAPS income guidelines, and do not live in a facility that provides meals
- For more information please call or email Sandy at (218)326 4420 ext 22 or [sandy@secondharvestncfb.com](mailto:sandy@secondharvestncfb.com)

- **MyPlate**

- How we eat can have an effect on our health, how we feel, and our well-being. MyPlate is a great tool for healthy eating tips as we age.

- Check out this link for more information:  
<https://www.choosemyplate.gov/older-adults>

**\*If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at [www.getfititasca.org/contactus](http://www.getfititasca.org/contactus) with the details!\***