

Olmsted County Local Food Resources

Food Shelves and Food Support in Rochester

125 Live

Located in the Lower Level at 125 Elton Hills Dr. NW

Hours: Monday, Tuesday, Thursday, Friday 1:00-2:30. Saturday 11:00-12:30

Call 507-287-1404 to make sure we have volunteers to open the pantry. No income requirements, open to all Members and the public, targeting older adults, food donated by members, friends, and local businesses.

Channel One

Hours: Monday - Thursday 8:00am to 6:00am, Friday 8:00am - 12:00pm.

Households can shop weekly. No proof of identification or income required. Delivery Option available.

Community Food Response

Located at the Salvation Army Campus, 120 1st St. NE.

Hours: Monday, Wednesday and Friday from 4pm to 6pm.

Offers prepared fresh or frozen foods to take with you. Anyone can come for food.

Great Harvest Bread (both locations)

706 Broadway Ave N, Rochester and 2483 Commerce Drive NW

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

Hosanna Lutheran Church

2815 57th St NW

Hosanna's Pantry is an Agency of Rochester's Channel One food shelf that provides food and personal care items to families in need. Hosanna's Pantry is open on the 4th Saturday of each month (the 3rd Saturday in Nov. and Dec.) from 9 – 11 am.

LifeGate Services

Food shelf at 1300 10th Ave NE Rochester, MN 55906

Hours: 10:00 a.m. to 12 noon. 1st and 3rd Saturday.

African and Hispanic cultural foods are included in the food served

Follow on Facebook at LifeGate Services

Oasis Church

3819 18th Ave NW

Food distribution every 3rd Saturday of the month 10 a.m. – 11:30 a.m. Warm meal also served.

Pamoja Women

829 3rd Ave, SE Rochester, Mn 55902

Food shelf open 2nd and 4th Tuesday and Wednesday of the month from 9 a.m. – 12 p.m.

RCTC Students and Families

Emergency fund for students and Hive Supply.

[Hive Supply - Rochester Community and Technical College](#)

Rochester Community Church

971 16th Street SE Rochester, MN

Second Saturday of the month, 9 a.m. – 11:30 a.m.

Ruby's Pantry

\$25 for a large portion of groceries

Drive Through and they will load the car 9:00-10:30

1st Saturday of the Month at Our Savior's Lutheran Church in Zumbrota, MN (1549 East Avenue)

2nd Saturday of the month at Holy Cross Lutheran Church in Rochester, MN (2703 9th Avenue NW)

2nd Thursday of the month at St. Charles United Methodist Church in St. Charles, MN (272 West 1st Street)

Salvation Army

115 First Ave NE, Rochester

Food Shelf - Households can visit twice a month for basic food items. 10 a.m. to 3:30 p.m.

Tuesdays and Fridays.

Bread Pantry - 8 a.m. Monday through Friday.

Food Shelves Outside of Rochester

Byron Food Pantry

630 1st Ave NW, Byron, MN

No appointment needed

Wednesdays: 9-11am

Thursdays: Noon – 2 pm

First Friday of the Month: 6 – 8 pm

- Those who are residents of Byron or have students enrolled at Byron Public Schools can schedule an appointment to shop during regular CEC hours (8 am – 3 pm on school days) Shoppers need to register when requesting an appointment time.

[Schedule your appointment](#)

Chatfield Community Food Shelf

124 Winona St. SE, Chatfield, MN

Tuesdays: 5:30 – 7:00 pm

Fridays: 9:00 – 10:30 am

Eyota

111 Center Ave. S. Eyota, MN

Thursdays: 3 – 6pm

Fridays: 2 – 5 pm

Saturdays: 10 am – 4 pm

Oronoco

Located at Presbyterian Church of Oronoco

20 3rd St SW, Oronoco

Second and fourth Wednesdays of the month at 5 – 6:30 pm.

Little Free Pantries:

- Christ United Methodist (400 5th Ave SE, Rochester)
- Family Promise Rochester (913 1st St NW, Rochester)
- Forager Brewery (1005 6th St. NW, Rochester)
- Gloria Dei Lutheran Church (1212 12th Ave NW, Rochester)
- Hope Summit Christian Church (1315 6th Ave SE, Rochester)
- Hosanna Lutheran Church (2815 57th St. NW, Rochester)

- Next Chapter Ministries (720 3rd Ave SE, Rochester)
- Peace United Church of Christ (1503 2nd Ave NE, Rochester)
- People of Hope (3703 Country Club Rd SW, Rochester)
- Recovery Is Happening (25 16th St. NE, Rochester)
- Redeemer Lutheran Church (869 7th Ave SE, Rochester)
- Slatterly Neighborhood Little Free Pantry (869 7th Ave SE, Rochester)
- Zumbro Lutheran Church (624 3rd Ave SW, Rochester)

[Little Free Pantries of Rochester MN area | Facebook](#)

Free Meals Served *(Call to confirm)*

Christ United Methodist Church (507) 398-2686

400 5th Ave SW, Rochester

Saturday Lunch 11 AM, Wesley Hall

Evangel United Methodist Church: (507) 289-4817

2645 North Broadway Ave, Rochester, MN – Every Wednesday 5 – 6:30pm

Open Table Food Ministry, Zumbro Lutheran Church – Burrito Food Truck

5:00 pm – 5:45 pm Parkside Park (across the street from El Gallo)

6:00 pm – 6:30 pm Eastridge Estates

5-5:30pm – Zumbro Lutheran Church, Door 8 (west side)

[Follow on Facebook for updates/locations](#)

Peace United Church of Christ (507) 282 – 6117

1503 2nd Ave NE, Rochester

Weekly meal served Tuesdays from 5 – 6 pm

Salvation Army

115 First Avenue NE, Rochester

Lunch Program - A free lunch is served Monday through Friday 11:30 a.m. to 12:30 p.m. in the Social Services Center. All are welcome.

St Francis Church (507) 288-7313

1114 3rd St. SE, Rochester

Sunday Lunch 11:30 AM

The Exchange

3945 10th Ave NW, Rochester

Neighborhood Co-Op Dinner. Neighbors come together to set up, cook, serve or clean up and enjoy dinner together. Thursdays 3:00 - 5:00 pm Prep. Dinner served at 5:30. Family style meal

The Landing

426 3rd Ave SE, Rochester

Hot meal is served daily during dinner service 5 – 6 pm. **Must be 18+**

Resources for Seniors

Family Service Rochester Senior Café

\$4 per meal or \$3.50 per meal for persons 60+ with purchase of a 5-meal punch card. Must call ahead to order meals by 2:00 pm the day before you want the meal by calling: (507) 287-2010

Rochester Location: 1625 Highway 14 East, Rochester: Lunch served every Monday and Tuesday at 11:30 am

Byron Location: Community Education Building, 630 1st Ave NW, Byron

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 on 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.

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