



Last Updated 10/28/2025

Fargo/Moorhead/West Fargo Area Food Pantries and Meal Sites

MONDAY

Emergency Food Pantry		10:00am-11:30am + 1:30pm-3:30pm	1101 4th Ave N, Fargo, ND	701-237-9337
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Olivet Lutheran Church Food Pantry	First and Third	4:30pm-6:30pm	1330 S University Drive, Fargo, ND	701-235-6603
Salvation Army – Fargo	Meal Site	8:00am-3:30pm	304 Roberts St, Fargo, ND	701-232-5565
Tri-City Haitian Ministry Food Pantry		4:00pm-6:00pm	1419 17th St. S, Fargo, ND	701-235-0115
West Fargo Eats	First	9:00am-11:00am + 5:00pm-7:00pm	1402 16th Street East, West Fargo, ND	701-532-0394 (call in order)
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
Valley Senior Services	Meals for Individuals 60+	Call or visit website for more info	www.valleyseniorservices.org	701-293-1440

TUESDAY

Arbors at McCormick Pantry		3:30pm-5:00pm	618 23rd Street South, Fargo ND	701-293-6014
Emergency Food Pantry		10:00am-11:30am + 1:30pm-3:30pm	1101 4th Ave N, Fargo, ND	701-237-9337
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Peace Lutheran Church Food Pantry		10:00am-12:00pm	1011 12th Ave N, Fargo, ND	701-232-7166
Salvation Army – Fargo	Meal Site	8:00am-3:30pm	304 Roberts St, Fargo, ND	701-232-5565
West Fargo Eats	First	4:30pm-6:30pm (pick up with reservation)	1402 16th Street East, West Fargo, ND	701-532-0394
A Place for Hope		11:00am-3:30pm	2419 12th Ave S Ste 1, Moorhead, MN	218-284-6069 (call to register)
Dorothy Day Food Pantry		12:00pm-3:00pm	1308 Main Ave Moorhead, MN	218-656-7628
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
Seeds of Hope		6:00pm-8:00pm	14 Center Ave East, Dilworth, MN	218-288-4300
Valley Senior Services	Meals for Individuals 60+	Call or visit website for more info	www.valleyseniorservices.org	701-293-1440

WEDNESDAY

Emergency Food Pantry		10:00am-11:30am	1101 4th Ave N, Fargo, ND	701-237-9337
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Salvation Army – Fargo	Meal Site	8:00am-3:30pm	304 Roberts St, Fargo, ND	701-232-5565
A Place for Hope		11:00am-3:30pm	2419 12th Ave S Ste 1, Moorhead, MN	218-284-6069 (call to register)
Bridgepointe Community Food Pantry	Second and Fourth	10:45am-12:30pm	121 17th St N, Moorhead, MN	701-540-1383
Dorothy Day Food Pantry		3:00pm-6:00pm	1308 Main Ave Moorhead, MN	218-656-7628
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
Valley Senior Services	Meals for Individuals 60+	Call or visit website for more info	www.valleyseniorservices.org	701-293-1440

THURSDAY				
Church of God's Word Food Pantry		10:30am-1:30pm	227 West Main Avenue, West Fargo, ND	701-412-3972
Emergency Food Pantry		10:00am-11:30am + 1:30pm-3:30pm	1101 4th Ave N, Fargo, ND	701-237-9337
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Peace Lutheran Church Food Pantry		3:00pm-5:00pm	1011 12th Ave N, Fargo, ND	701-232-7166
Salvation Army – Fargo	Meal Site	8:00am-3:30pm	304 Roberts St, Fargo, ND	701-232-5565
West Fargo Eats	First and Third	9:00am-11:30am, afternoon/evening call in	1402 16th Street East, West Fargo, ND	701-532-0394
A Place for Hope		11:00am-3:30pm	2419 12th Ave S Ste 1, Moorhead, MN	218-284-6069 (call to register)
Dorothy Day Food Pantry		12:00pm-3:00pm	1308 Main Ave Moorhead, MN	218-656-7628
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
Valley Senior Services	Meals for Individuals 60+	Call or visit website for more info	www.valleyseniorservices.org	701-293-1440
FRIDAY				
Emergency Food Pantry		1:30pm-3:30pm	1101 4th Ave N, Fargo, ND	701-237-9337
Faith Food Pantry	Second and Fourth	1:30pm-3:00pm	909 19th Ave N, Fargo, ND	701-232-6844
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Salvation Army – Fargo	Meal Site	8:00am-3:30pm	304 Roberts St, Fargo, ND	701-232-5565
A Place for Hope		11:00am-3:30pm	2419 12th Ave S Ste 1, Moorhead, MN	218-284-6069 (call to register)
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
Valley Senior Services	Meals for Individuals 60+	Call or visit website for more info	www.valleyseniorservices.org	701-293-1440
SATURDAY				
Champion Temple		10:00am-11:30am	15 21st St S, Fargo ND	701-850-5981
House of Judah Ministry	First and Third	3:00pm-5:00pm	127 Main Ave W, West Fargo, ND	701-729-0229
McMerty Food Pantry	Second and Fourth	12:00pm-4:00pm	619 7th St N, Fargo, ND	701-235-4289
New American Resource Center		10:00am-7:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993
SUNDAY				
New American Resource Center		2:00pm-5:00pm	2402 7th Ave N Fargo, ND	602-483-9552
Salvation Army – Fargo	Meal Site	5:00pm-6:00pm	304 Roberts St, Fargo, ND	701-232-5565
Micah's Mission	Meal Site	8:00am-8:00pm	1901 1st Ave N, Moorhead, MN	218-325-4993

Follow Our Facebook Page for Local Produce Pop-Ups

At the **988 Suicide & Crisis Lifeline**, they understand that life's challenges can sometimes be difficult. Whether you are facing mental health struggles, emotional distress, alcohol or drug concerns, or just need someone to talk to, their caring counselors are here for you. You are not alone. Call 988.

211 and FirstLink: Callers in ND and Clay County, MN will be provided with confidential listening and support in addition to information and referrals by call specialists trained in crisis intervention, including suicide intervention, rent help, and much more.

SNAP (Food Stamps) Hotline: Supplemental Nutrition Assistance Program

Call for SNAP Application Assistance:
North Dakota: **1.855.405.0000**
Minnesota: **218.512.1500**

