



The University of Minnesota's GAPS for Families Study has compiled a list of food resources in the Twin Cities Metro that could provide you and your family with help. If you know of other resources to add to this list, please let us know!

1. **Bridge to Benefits Minnesota**

Bridge to Benefits is a project to improve the well-being of families and individuals by linking them to public work support programs and tax credits. To see if you or someone else may be eligible, click [START](#) to use the free Eligibility Screening Tool. A few simple questions will be asked but you will NOT be asked you for information that identifies you.

2. **Local Food Resources / Food Shelves**

To find information on your nearest food support office, food shelves, Summer Food Service Program, WIC, or Meals on Wheels, visit the finder tool from Hunger Solutions located at: <http://www.hungersolutions.org/find>. You can also dial 2-1-1 on your phone and get connected with United Way to get health and human services information that meets your specific needs.

3. **Minnesota Food Helpline – 1-888-711-1151**

The Minnesota Food HelpLine makes it easy. With one call, they assess your situation and provide solutions to your family's food needs. HelpLine Hours: Monday – Friday: 8:30a–4:30p.

4. **Fare for All**

Fare for All offers grocery packs including fresh produce and frozen meat for up to 40% below grocery store prices. This program, open to all regardless of income, has multiple sites throughout the metro. For more information, go to: <http://fareforall.org/>

5. **Ruby's Pantry**

Ruby's Pantry holds "pop-up food pantries" in a number of locations across Minnesota & Wisconsin every month. When you visit, you would receive two boxes, baskets or totes of food with a \$20 donation. There is no income or resident limit requirements. Find the closest pantry to you at <https://www.rubyspantry.org/>.

6. **Local Co-op needs based memberships**

If you are interested in a Co-op membership, this program allows you to join your local co-op for an initial investment of \$10-15 to receive full member benefits and a 10% discount on *every grocery purchase*. To find the co-op nearest you to learn more, visit: <http://www.coopdirectory.org/>.

Expiration Guide:

See the back for information on how long you can use food and why dates listed on food don't always mean you need to throw out a food.

Seasonal Food Guide

Purchasing produce in season is a tasty way to save money, as in-season produce often is the cheapest. Check out this link to find out what's in season now and creative ways to use them: <https://snaped.fns.usda.gov/seasonal-produce-guide>

Other Research:

If you are interested in learning about other potential research studies, good resources include: <http://studyfinder.umn.edu>, <https://www.researchmatch.org>, www.clinicaltrials.gov, and Craig's List (U of MN studies are often listed in the volunteer section).

Know your dates!

- **Sell by** – tells a store the last day item should be sold
- **Best if used by** – recommended date for the best flavor or quality *NOT* a safety-related date so there's no food safety concern if eating food if date passed
- **Use by** – last date recommended for use of product at its peak quality

Food	Shelf Life After Code/Expiration Date
<i>Beverages</i>	
Coffee	2 years
Milk: Shelf Stable	1 year
Non-fat dry	18 months
Evaporated	1 years
Soy or rice	3 months
Water	3 years
<i>Bread/Grain Products</i>	
Toaster pastries	6 months
Cereal: ready to eat	6-12 months
Cook before eating (ex: oatmeal)	1 year
Flour: Cake or all purpose	1 year
Whole wheat & whole grain flours	6 months
Macaroni and cheese	2 years
Pasta: dry	2 years
Rice: white	2 years
brown	1 year
Rice or pasta meals	18 months
Crackers	8 months
<i>Canned Foods</i>	
Beans	2-5 years
Low acid foods: gravy, stews, cream sauces, soup & broth not tomato based, peas, corn	2-5 years
High acid foods: juices, fruit, tomatoes, tomato soup, tomato-based pasta sauces	12-18 months
Meat: beef, chicken, pork, turkey	2-5 years
Fish: salmon, tuna, sardines	2-5 years
<i>Condiments</i>	
Ketchup, mustard, cocktail, barbecue or chili sauce	1 year
Mayonnaise	2-3 years
Salad dressings	10-12 months
Salsa	1 year
<i>Miscellaneous</i>	
Oil (olive, vegetable, cooking)	6 months
Peanut butter	6-9 months
Baby food, jars or cans, formula	Use-by-date