

Minnesota Community Support & Solidarity Resource Guide

We stand unequivocally with the people of Minnesota. This guide is not meant to add noise, but to point toward the many Minnesotans and allies already doing essential work, and to help channel care, resources, and solidarity where they are most needed.

This guide is based on Naomi Kritzer's [*How To Help if You are Outside Minnesota*](#), [*How to Help Minnesota Amid ICE's Siege*](#) (The Cut), and [*Ways to Support Minnesota's Immigrant Communities as ICE Activity Escalates*](#) (MPLS St. Paul).

Take care of yourself, and take care of your community.

Minnesota Residents:

General:

- *Stand with Minnesota's [directory of on-the-ground direct services](#) is seeking contributions! You can submit fundraisers, service providers, and more, via the link above.*
- *Purchase/distribute [Faraday bags](#) to isolate devices from wireless signals, preventing tracking*
- *Read [How to Help: Twin Cities Residents](#) by Naomi Kritzer*
- *Print and post [Monarca's signage](#) (Know Your Rights, Private property/No ICE or CBP access, etc.)*

Affected by ICE Activity?

Immediate Resources:

- [COPAL Navigator's Line](#) – (612) 255-3112
- [Find Help Map](#) – find food shelves, free meals, discount grocery, community food distributions
- [Leo's Tow](#) (651-703-4914) – vehicle return to families after a family member's detention.
- [Minnesota Office of Ombudsperson for Families Know Your Rights Resources](#)
- [Monarca Rapid Response Line](#) – 612-441-2881
- [Neighborhood House](#) – a full-service hub for those seeking assistance.
 - [Family Centers](#)
 - [Housing Stability](#)
 - [Service Connect](#)
- [Online Detainee Locator System](#)
- [Second Harvest Heartland](#): get free help finding food and applying for SNAP at 866-844-3663.
- [State of Minnesota](#) resources (legal aid, healthcare, etc.)

Grocery Delivery:

- [Alborada Market](#) – 612-276-9552 ext 1.
- [Bymore Mercado](#) (St. Paul)
- [Calvary Food Shelf](#) – if you're not able to pick up food on-location call 612-285-3876
- [Colonial Market](#) (all locations) – 651-508-0256
- [Community Aid Network](#) – request via the link
- [La Viña Church](#) (Burnsville) – free groceries for sign up here
- [New Generation Church](#) – food delivery and rent support
- [Valerie's Carniceria](#) – 613-823-4400

Community Food Support:

- [Bethel Lutheran Church's Little Free Pantry](#) – Visit at 4120 17th Ave S, Mpls, MN 55407. The pantry is outside the 17th Ave door (by the green flag) as long as weather permits. In colder months it's moved inside and only open when the building is open.

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- **Dios Habla Hoy Church** (South Minneapolis): *Free grocery and meal delivery for families sheltering in place.* Request a delivery via the link. For urgent needs, text 612-703-2992, 612-432-7786, 952-917-9520, or 952-200-0889.
- **Division of Indian Work** – *Culturally-sensitive food shelf, diaper bank, legal aid clinic, and pasteurized human donor milk.*
- **Gluten-free food assistance** – DM @glutenfreegroupchat on Instagram
- **Iglesia La Viña** (Burnsville) – *Free groceries.*
- **Joyce Uptown Food Shelf** – *Stop by for an emergency food bag, without an appointment, any time we are open. Guests can receive emergency food bags 2 times per month.*
- **Lowry Hill East Neighborhood Association** – *Community food share offering free groceries to anyone in the area in need.*
- **Mashkiki Studios** – *Food, supplies or medication pick up.*
- **Mi Casita Pantry** – *A free resource available to families and individuals facing food insecurity.*
- **Modern Times Cafe, Amigos One Stop, & CANDO** – *Free hot meals.* Request at: moderntimes3200@gmail.com.
- **Neighborhood House** – *Free food markets.*
- **Neighborhood Mutual Aid** (SW Minneapolis & St. Paul West Side) – *On-site food distribution and free food delivery.*
- **Simpson Food Pantry** (Whittier Neighborhood)
- **Zion Community Commons (St. Paul) & Twin Cities Vegan Chef Collective** – *Partnering for food access, meals, and community care for neighbors in need. Check Instagram for details.*

Donate Blood:

- **Memorial Blood Center** – Currently experiencing a blood emergency; supplies HCMC and North Memorial Health.

Donate Food & Supplies:

- **Joyce Uptown Food Shelf** – Donate food on Fridays from 9am to 12pm. If you have items to donate outside those hours, please visit <https://www.hungersolutions.org/find-help/> to find a nearby food shelf that may take your donation.
- **Karol Coffee** (food and letters of encouragement)
- **Little Bird Delicatessen** (Shelf-staple staples, culturally connected foods, toiletries)
- **Lynette** (non-perishables and toiletries)
- **Mashkiki Studios & Living Faith Spiritual Community** (check Instagram for donation schedule)
- **Neighborhood House & El Burrito Mercado** – Donate non-perishable food at the collection box inside El Burrito Mercado.
- **Pow Wow Grounds** (non-perishables, gas cards, gas masks, aid kits, hand and foot warmers)
- **Sift Gluten-Free & Hold the Wheat** (gluten free goods)
- **VEAP** – Donate items to fill care packs.
- **Workhorse Coffee Bar** (baby goods, non-perishables, hygiene products, masks, gas cards, and more)

Volunteer:

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- [Calvary Food Shelf](#) – help keep the food shelf up and running through delivery intake, order assembly, delivery, client intake and shopper support, and more.
- [Community Aid Network MN](#) – Volunteer onsite or help with deliveries.
- [Dios Habla Hoy](#) – volunteer via the DHH Church to provide food and urgent assistance to families in need.
- [La Viña Church](#) – help with packaging, delivering, or donating funds or items.
- [Picnic Linden Hills](#) – Buy/donate meals or volunteer to deliver meals at the link.
- [Sanneh Foundation](#) – Looking for opportunities that use bilingual skills? Want something close to home or work, or an experience where you can bring a group or your kids? Use the search features—by keyword, calendar, map view, and filters—to find the volunteer opportunity that's right for you and help support neighbors during this critical time.
- [VEAP](#) – Pack or deliver care packs.

Non-Residents:

I don't live in Minnesota — what can I do that actually helps?

URGENT: Contact Your Representatives!

- [5 Calls](#) – Set your location, find your legislators, and **call** with ready-made scripts.
- [Indivisible](#) – Search by zip code or address to find the actions that'll have the most impact based on your state and federal elected officials, including **email** templates and **calling** scripts.

If You Have Time...

Check out [Stand with Minnesota's Directory](#) – an amazing, regularly updated hub created by local organizers that connects people with mutual aid funds, legal support, food & rent assistance, community organizations, direct relief efforts, school support campaigns, and more.

Best for: People who want to explore a wide range of vetted options, learn more about specific community needs, support mutual aid efforts, and look beyond the “big names.”

If You Have Less Time...

Donate to one of the recommended organizations below. These are vetted by local residents and trusted partners.

Best for: If you want to give quickly and confidently.

Donate:

Rapid Response & Emergency Support

- **Bethel Lutheran Church** – All items purchased via their Amazon wishlist will be put into their Little Free Pantry.
- **El Burrito Mercado & Neighborhood House**
 - Purchase El Burrito Mercado gift cards online which will be donated to Neighborhood House and used to purchase culturally relevant foods requested by families. Enter giftcards@neighborhoodhousemn.org as the recipient. You do not need to add any information in the Personalize Your Card section.
 - Donate directly to Neighborhood House by selecting “Emergency Food Delivery” under “What would you like your donation to support?” We will use funds to purchase culturally relevant foods from El Burrito Mercado.
- **Every Meal** – Helping to feed the more than 300,000 children in Minnesota who live with food insecurity.
- **Immigrant Defense Network** – Coalition of 90+ groups organizing rapid response.
- **Impacted Neighbors Support Fund** – Supporting impacted neighbors sheltering in place or fearing for their safety.
- **Joyce Uptown Food Shelf** – Donate to keep the food shelf running.
- **La Viña Church** – Community food & rent support fund
- **Minneapolis Rapid Response Emergency Defense Fund** – Taking donations specifically to provide safety gear and PPE for legal observers operating during ICE actions and protests.
- **Minnesota Indian Women’s Resource Center** – Fund the MIWRC’s warming shelter providing warmth, food, safety, and documentation support.
- **Modern Times Cafe** – buy someone a meal by Venmoing [@moderntimescafe](https://www.venmo.com/moderntimescafe).
- **Pow Wow Grounds** – Native-owned coffee shop collecting items for mutual aid and community support via their Amazon wishlist.
- **Tending the Soil** – Resources for frontline organizers, legal defense, bail support, and rapid response during ICE activity.
- **The Food Group** – Distributing nourishing, culturally connected food to communities who need it most right now.
- **VEAP** – Donate \$30 to fill and deliver a Care Pack to feed a family for one week.
- **Women’s Foundation of Minnesota Immigrant Rapid Response Fund** – Moves funds quickly and responsibly to trusted organizations responding to immigration emergencies statewide.
- **Zion Community Commons (St. Paul)**, **Twin Cities Vegan Chef Collective**, and **Open Market MN** – Venmo [@ChefCollective-1123](https://www.venmo.com/ChefCollective) or CashApp [\\$ChefCollective1123](https://www.cash.app/ChefCollective1123) to support food access and community meals.

Legal Aid, Education, & Advocacy

- **ACLU Minnesota** – Defending civil liberties and due process, including immigrant rights.
- **COPAL** – Advocacy, organizing, and phone hotline with a focus on the Latine community.
- **Immigrant Law Center of MN** – Free legal representation for immigrants and refugees.
- **Interfaith Coalition on Immigration** – Advocacy, direct aid, courtwatch, and community events.
- **Minnesota Immigrant Rights Action Committee** – Education and protest organizing.

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- [Monarca MN](#) – Know-Your-Rights training and phone hotline.
- [Unidos MN](#) – Education, advocacy, and protest organizing.

Refugee & Survivor Services

- [Center for Victims of Torture](#) – Mental health services and advocacy for immigrants and refugees who are survivors of torture.
- [International Institute of Minnesota](#) – Refugee resettlement, workforce support, and legal services for new-to-country families.
- [Lutheran Social Service of Minnesota](#) – Refugee services and legal aid for non-citizens.

Food Support

- [Metro Meals on Wheels](#) – Delivers nearly 1.8 million meals yearly.
- [North Country Food Alliance](#) – Strengthen food sovereignty in the Twin Cities Metro Area!
- [Second Harvest Heartland](#) – Works with 393 food shelf and nonprofit partners and more than 621 hunger-relief programs across their 59-county Minnesota and western Wisconsin service area.

Mutual Aid & Direct Support Networks

- [Community Aid Network MN](#) – Grassroots, volunteer-led mutual aid in Minneapolis; volunteer, donate funds, donate supplies, be a fiscal sponsor, or partner with CANMN.
- [Leo's Tow](#) (Venmo @leostowingmn) is towing cars back to families if a car is stranded when someone is detained.
- [Mashkiki Studios](#) – Venmo @mashkikistudios to donate funds to a mutual aid support network helping with food distribution, medication pick up, and delivery support.
- [MN50501 Mutual Aid Linktree](#) – Minneapolis-based mutual aid hub.
- [Mplsmutualaid Linktree](#) – Neighborhood-level fundraisers and GoFundMes.
- [People's Laundry](#) – Laundry service mutual aid (volunteers needed).
- [Twin Cities Trans Mutual Aid](#) – Direct support for trans community members.

Journalism Support:

Stay informed with local journalism covering ICE and state violence. Support them too!

- [Bluesky MPLS Reporters](#)
- [Bring Me The News](#)
- [Georgia Fort](#)
- [Minnesota Reformer](#)
- [MinnPost](#)
- [MPR](#)
- [Pioneer Press](#)
- [RacketMN](#)
- [Sahan Journal](#)
- [Star Tribune](#)
- [Taylor Dahlin](#)
- [Testimonials from Minnesotans](#)
- [UnicornRiot](#)
- [WedgeLive](#)

Notes of Encouragement:

- Send a brief message of hope, inspiration or gratitude to folks working their butts off on the ground [here](#).

Be Prepared: Resources

Know Your Rights:

- [Handbook for Constitutional Observers & Protestors](#) by COPAL and Immigrant Defense Network
- [Know Your Rights \(General\)](#) from Unidos MN
- [Know Your Rights If ICE Comes to Your Workplace](#) from The National Employment Law Project and the National Immigration Law Center
- [Understand what ICE agents can and can't do](#) from the Star Tribune

Guides:

- [Best Practices Guide for Neighborhood or Area Patrol / Monitors](#)
- [Family Preparedness Plan](#)
- [How to Start a Rapid Response Network](#)
- [How to Start a School Patrol](#)
- [If ICE Comes to Your Workplace Guide](#) by the Immigrant Defense Network
- [Signal app for Beginners](#)
- [Surveillance Self-Defense](#)
- [When the Feds Come to Your City: Standing Up to ICE](#)

Printables & Pocket Guides:

- ["Eight Things You Can Do to Stop ICE"](#) Pocket Zine
- ["Seven Steps to Stop ICE" Pocket Guide](#)
- [Printable signage](#) (Know Your Rights, Private property/No ICE or CBP access, etc.) by Monarca

Trainings:

- [Legal Observer Trainings](#) from National Lawyers Guild
- [Multilingual Immigration Toolkit](#) (ICE Abductions, Businesses, Property Managers, Family Emergency Preparedness, etc.) by Minnesota Immigrant Rights Action Committee

Whistles:

- [Buy, 3D print, how to use](#), etc.