

2025

SNAP Resource Directory

MOWER COUNTY



GET THE SUPPORT YOU NEED

Local agencies and resources to help you apply for and navigate SNAP benefits.

WHAT IS SNAP?

→ SNAP (Supplemental Nutrition Assistance Program), formerly known as Food Stamps, helps income-qualifying Minnesotans buy the food they need.

→ Benefits are loaded onto a discreet EBT (Electronic Benefit Transfer) card that works like a credit/debit card. SNAP is accepted at 40+ grocery stores, convenience stores, and

select farmers markets across Mower County. SNAP can be a helpful supplement to your grocery budget—because everyone deserves access to good food.

WHERE TO APPLY FOR SNAP

OR

APPLY ONLINE

Apply online at mnbenefits.mn.gov

A recently updated system makes it easier than ever. Start your application on your desktop computer or smart phone.

APPLY IN PERSON

Prefer a paper application?

Pick up an application at the **Mower County Health & Human Services office**, or call **507-437-9700** to have it mailed to you.

→ Office Address:
Mower County Health & Human Services
201 1st Street NE
2nd Floor, Suite 18
Austin, MN 55912

SNAP APPLICATION PROCESS



APPLICATION SUBMISSION

Submit your application to the Mower County Health and Human Services Department either in person or online to begin the process.



INTERVIEW CALL

Within 2-5 days, a SNAP intake worker will try to reach you via phone for a required interview.

- If you connect, the interview will be completed right away.
- If you're not reached, an appointment will be scheduled, and you'll receive a letter with further instructions.
- The call may come from an unfamiliar number. Make sure your voicemail is set up and able to receive messages. If needed, you can call to reschedule the appointment.



VERIFICATIONS

- Once the interview is complete, you may need to verify certain information.
- If any verifications are required, a request will be sent to the applicant detailing what is needed and the deadline.
- If the required verifications are not returned, your application may be denied.



PROCESSING

- The agency has 30 days to process your application, but they may allow you more time if you are actively working to complete the verifications.
- Once everything is complete and approved, your SNAP EBT benefit card will arrive within 7-10 days.



HometownFoodSecurity.org





WHERE CAN YOU USE SNAP IN MOWER COUNTY?

1 SNAP EBT Locations in Mower County

Did you know more than **40 locations** in Mower County accept SNAP EBT payments for groceries? Find the nearest spot to shop using our interactive map!



2 Farmers Market

May–October | Mondays, 4–6 PM

Austin’s Farmers Market Place accepts EBT. Located at 3rd & Main St., next to the SPAM Museum. Customers may be able to use their EBT card and receive a dollar-for-dollar match on certain products, subject to program availability. WIC Farmers Market Nutrition Program (FMNP) vouchers are also accepted.

ABOUT US

The Hometown Food Security Project is a collaborative initiative that brings together local organizations, experts, and community members to address food insecurity in Mower County, Minnesota. Led by Hormel Foods and United Way of Mower County, the Project Coalition identifies resources, gaps, and opportunities while working to break down barriers and create sustainable solutions. With a shared vision to ensure no one in Mower County goes hungry, the coalition focuses on practical, community-driven strategies that make a lasting impact.



WHAT IS THE SNAP ACTION TEAM?

Our team is dedicated to increasing awareness of SNAP in Mower County by educating community members about the application process, available benefits, and addressing common misconceptions. Through in-person and virtual workshops, as well as videos and other resources, our goal is to make SNAP more accessible and easier to navigate for those who need it most.

GET THE APP

Download our app to find food resources and help end food insecurity in Mower County.



STAY UPDATED

Get the latest insights, updates, and event news delivered to your inbox. Sign up for the HFSP Newsletter today!



GET IN TOUCH!

Have questions or want to get involved? Reach out to our team for more information on SNAP resources and food security efforts in Mower County at:


foodhelp@hometownfoodsecurity.org





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SNAP Resource Directory

MOWER COUNTY

Mower County Health & Human Services

co.mower.mn.us/173/Health-Human-Services



201 1st St NE Suite 18, Austin MN 55912

HOURS OF OPERATION

Monday – Friday
8:00 AM – 4:30 PM

- Appointments Available
- Walk-ins Welcome

SNAP CLIENT CONTACT

Reception Desk
Email: dhsrecep@co.mower.mn.us
Phone: (507) 437-9701

TYPES OF SUPPORT

- Awareness and education about SNAP
- SNAP Enrollment support
- Information on how and where to use SNAP benefits
- Post-SNAP application case maintenance
- SNAP application processing

LANGUAGES SUPPORTED

- ALL - with the use of the Language Line

AUDIENCES SERVED

- Families
- Seniors
- Individuals with Disabilities
- Immigrants
- Students
- General Public

Salvation Army

salvationarmynorth.org



409 1st Ave NE, Austin, MN

HOURS OF OPERATION

Monday-Friday
9:00 AM – 12:00 PM /
1:00 PM – 4:00 PM

- Appointments available,
- Walk-ins welcome

SNAP CLIENT CONTACT

Stacy Wisemore
Office/Food Shelf/Case Manager
Email:
stacy.wisemore@usc.salvationarmy.org
Phone: (651) 370-7962

TYPES OF SUPPORT

- Awareness and education about SNAP
- Food Shelf Schedule:
Tue: 9:00 – 11:30 AM / 1:00 – 3:30 PM
Wed: 1:00 – 3:30 PM
Thu: 9:00 – 11:30 AM / 1:00 – 3:30 PM
Fri: 9:00 – 11:30 AM

LANGUAGES SUPPORTED

- English

AUDIENCES SERVED

- General Public



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SNAP Resource Directory

MOWER COUNTY

Austin Aspires

 austinaspires.org



318 Main Street Austin, MN 55912

HOURS OF OPERATION

Monday – Friday
8:00 AM – 4:00 PM

→ Appointments Available

SNAP CLIENT CONTACT

Please call our main office at 507-437-0920 and state your SNAP-related need. A team member will assist or direct your message.

TYPES OF SUPPORT

- Awareness and education about SNAP
- SNAP enrollment support
- Assistance with SNAP application

Note: Does not offer direct food support

LANGUAGES SUPPORTED

- English
- Others (need notice)

AUDIENCES SERVED

- Families
- Immigrants
- Students
- General Public

Austin Public Schools

 www.austin.k12.mn.us



401 3rd Ave NW, Austin, MN 55912

HOURS OF OPERATION

Monday – Friday
7:30 AM – 4:30 PM

- Appointments Encouraged
- Walk-ins Welcome

SNAP CLIENT CONTACT

Contact Success Coaches or School Offices

APS Office: 507-460-1900

TYPES OF SUPPORT

- Awareness and education about SNAP

Note: Each school has an emergency food shelf available free for students.

LANGUAGES SUPPORTED

- English
- Spanish
- Karen
- Kareni
- Burmese
- French
- Fon
- Arabic
- Dinka
- Anuak
- Swahili

AUDIENCES SERVED

- Students



HometownFoodSecurity.org



Information is self-reported, subject to change, and updated annually. For updates, email foodhelp@hometownfoodsecurity.org.

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SNAP Resource Directory

MOWER COUNTY



Southern Minnesota Women's Center (Rachel's Hope) rachelshopemn.org

313 2nd Ave NE, Austin, MN 55912

HOURS OF OPERATION

Tuesday - Thursday
9:00 AM - 4:00 PM

- Walk-ins Welcome
- Appointments Strongly Preferred

SNAP CLIENT CONTACT

Linda LaVallie
Executive Director
Email: director@rachelshopemn.org
Phone: (507) 437-7595

TYPES OF SUPPORT

- Awareness and education about SNAP
- Assistance with SNAP application completion
- Information on how and where to use SNAP benefits

Note: Services are free but available only for clients.

LANGUAGES SUPPORTED

- English
- Spanish
- French
- Karen
- Karenni

AUDIENCES SERVED

- Families
- Individuals with Disabilities
- Immigrants
- Students
- Pregnant Women
- Caregivers of Children Under 2.5

Hometown Food Security Project hometownfoodsecurity.org

318 N. Main Street, Austin, MN 55912



HOURS OF OPERATION

Monday - Friday
8:00 AM - 4:30 PM

- Appointments Required

SNAP CLIENT CONTACT

Gema Alvarado-Guerrero
Workforce Wellness Facilitator
Email: galvaradoguerrero@hormel.com
Phone: (507) 460-3906

TYPES OF SUPPORT

- Awareness and education about SNAP,
- SNAP enrollment support
- Assistance with SNAP application completion
- Information on how and where to use SNAP benefits
- Post-SNAP Application case maintenance

Note: Does not provide emergency food support, only referrals.

LANGUAGES SUPPORTED

- English
- Spanish

AUDIENCES SERVED

- Families
- Seniors
- Individuals with Disabilities
- Immigrants
- Students
- General Public



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SNAP Resource Directory

MOWER COUNTY

Riverland Community College

 riverland.edu



1900 8th Avenue NW, Austin, MN 55912

HOURS OF OPERATION

Monday – Friday
8:00 AM – 4:00 PM

- Appointments Available
- Walk-ins Welcome

SNAP CLIENT CONTACT

Heidi Goebel
Admin Assistant to Dean of Students
Email: heidi.goebel@riverland.edu

Logan Mann
Director of Student Life and Athletics
Email: ryne.mann@riverland.edu

TYPES OF SUPPORT

- Awareness and education about SNAP
- SNAP enrollment support
- Assistance with SNAP application completion
- Information on how and where to use SNAP benefits

Note: Riverland has a student food pantry on each campus.

LANGUAGES SUPPORTED

- English
- Spanish
- Others available as needed

AUDIENCES SERVED

- Families
- Individuals with Disabilities
- Students

CLUES

 clues.org



111 N Main St Ste 103, Austin, MN 55912

HOURS OF OPERATION

Monday – Thursday
8:00 AM – 5:00 PM
Friday
Appointment Only
(due to Canasta Familiar)

- Appointments Encouraged
- Walk-ins Welcome

SNAP CLIENT CONTACT

Karla Rodriguez
Food Access and Outreach Coordinator
Phone: (612) 439-9790
Email: krdriguez@clues.org

TYPES OF SUPPORT

- Awareness and education about SNAP
- SNAP Enrollment support
- Assistance with SNAP application completion
- Information on How and where to use SNAP benefits
- Post-SNAP application case maintenance

Note: Offers food support through the Canasta Familiar.

LANGUAGES SUPPORTED

- English
- Spanish

AUDIENCES SERVED

- Families
- Seniors
- Individuals with Disabilities
- Immigrants
- Students
- General Public



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SNAP Resource Directory

MOWER COUNTY

Austin Public Library

 aplmn.org



AUSTIN PUBLIC LIBRARY
323 4TH AVENUE NORTHEAST | AUSTIN, MINNESOTA

323 4th Ave NE, Austin, MN 55912

HOURS OF OPERATION

Monday – Thursday
10:00 AM – 8:00 PM

Friday – Saturday
10:00 AM – 4:00 PM

→ Walk-ins Welcome

TYPES OF SUPPORT

→ Access to computers and printers
→ General information

Note: Does not provide emergency food support or SNAP support.

AUDIENCES SERVED

- General Public

Parenting Resource Center / Welcome Center

 prc-austinmn.org



105 1st street SE Austin MN 55912

HOURS OF OPERATION

Monday – Friday
8:00 AM – 4:30 PM

→ Appointments Available
→ Walk-ins Welcome

TYPES OF SUPPORT

→ Awareness and education about SNAP
→ SNAP enrollment support
→ Assistance with SNAP application completion
→ Information on how and where to use SNAP benefits
→ Post-SNAP application case maintenance

LANGUAGES SUPPORTED

- Spanish
- Karenni
- Karen
- Burmese
- English
- Lao

SNAP CLIENT CONTACT

Varinh Van Vugt
Welcome Center, Program Coordinator
Email: welcome.ctr@prc-austinmn.org

Sawtarreh Augustino
Language and Social Services Advocate
Email: languages@prc-austinmn.org

Dora Arizola
Social Services Advocate
Email: spanish.ss@prc-austinmn.org

Yesenia Hernandez Ramirez
FOCUS Case Manager
Email: focus@prc-austinmn.org

Phone (All Staff): (507) 437-8330

AUDIENCES SERVED

- Families
- Immigrants
- General Public



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SNAP Resource Directory

MOWER COUNTY

Semcac Outreach

 semcac.org



111 North Main St., Austin, MN 55912

HOURS OF OPERATION

Monday – Thursday
8:30 AM – 3:30 PM

- Appointments Available
- Walk-ins Welcome

SNAP CLIENT CONTACT

Shelly Hovland
Case Manager
Email: shelly.hovland@semcac.org

Sarah Wangen
Case Manager
Email: sarah.wangen@semcac.org

TYPES OF SUPPORT

- Awareness and education about SNAP
- Information on how and where to use SNAP benefits

Note: Semcac does not have a food shelf.

LANGUAGES SUPPORTED

- English
- Need to refer to the PRC for translation services

AUDIENCES SERVED

- Families
- Seniors
- Individuals with Disabilities
- Immigrants
- Students
- General Public

LIFE Mower County

 lifemowercounty.org



401 2nd Ave NE, Austin MN 55912

HOURS OF OPERATION

Monday – Thursday
9:00 AM – 4:00 PM

- Appointments Available
- Walk-ins Welcome

SNAP CLIENT CONTACT

Dawn Helgeson
Executive Director
Phone: (507) 433-8994, Extension 101
Email: dawn@lifemowercounty.org

Jamey Helgeson
Program Director
Phone: (507) 433-8994, Extension 102
Email: jamey@lifemowercounty.org

Danielle Hernandez-Miller
Community and Family Outreach
Coordinator
Phone: (507) 433-8994, Extension 103
Email: danielle@lifemowercounty.org

TYPES OF SUPPORT

- Assistance with SNAP application completion

LANGUAGES SUPPORTED

- English

AUDIENCES SERVED

- Families
- Seniors
- Individuals with Disabilities
- Students



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Information is self-reported, subject to change, and updated annually. For updates, email foodhelp@hometownfoodsecurity.org.

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SNAP Resource Directory

MOWER COUNTY



Mower County Senior Center

400 3rd Ave. NE, Austin, MN 55912

HOURS OF OPERATION

Monday – Friday
8:00 AM – 4:00 PM

- Appointments Available
- Walk-ins Welcome

SNAP CLIENT CONTACT

Melissa Groesbeck
Senior Advocate
Email: melissag@mcs-inc.org
Phone: (507) 433-8376

TYPES OF SUPPORT

- Awareness and education about SNAP
- SNAP enrollment support
- Assistance with SNAP application completion
- Information on how and where to use SNAP benefits
- Post-SNAP application case maintenance

Note: Food vouchers are available for use at the Senior Center.

LANGUAGES SUPPORTED

- English
- Spanish (limited)

AUDIENCES SERVED

- Seniors

Mower Council for the Handicapped

2103 14th ST NE, Austin MN 55912



HOURS OF OPERATION

Monday – Thursday
9:30 AM – 3:00 PM
Closed daily from 12:00 PM – 1:00 PM

- Appointments Required

SNAP CLIENT CONTACT

Paulette Huntley, Director
or
Martha Liskey
Email:
mowercouncilhandicap@hotmail.com

Phone: (507) 433-9609

TYPES OF SUPPORT

- Awareness and education about SNAP
- Assistance with SNAP application completion
- Post-SNAP application case maintenance

Note: Note: When FEMA funding is available, emergency food support can be offered to individuals experiencing or at risk of homelessness.

LANGUAGES SUPPORTED

- English
- Others (through translation app)

AUDIENCES SERVED

- Physically disabled individuals only