Food and Nutritional Services	
Meals on Wheels:	
Anoka County	780-6751
Carver and Scott Counties	496-2125
Dakota County	455-1560
Hennepin County	870-3660
Ramsey County	266-4006
Washington County	430-2720
Food Stamps:	
Anoka County	422-7200
Carver County	361-1600
Dakota County	450-2611
Hennepin County	879-3351
Ramsey County	298-5351
Scott County	445-7751
Washington County	430-6459
Senior Dining:	
Anoka and Hennepin Counties	546-3242
Carver and Scott Counties	496-2125
Dakota, Ramsey and Washington Counties	220-1860
Social Services	
Senior Linkage Line (Metro Area)	333-2433
For information about nutritional and resources for seniors including: congregate dining sites, food shelves, grocery delivery, and other nutrition services. They can also help with questions about, adult day care programs, caregiver support groups counseling services, financial assistance, companionship, senior centers and more.	
Financial Assistance Services	
When Medical Assistance, Minnesota Supplemental Aid or Emergency Assistance is needed, call one of the following numbers:	
Anoka County	422-7200
Carver County	361-1600
Dakota County	450-2611
Hennepin County	879-3030
Ramsey County	298-5446
Scott County	445-7751
Washington County	430-6459

Dental Services	
Dental Services, St. Paul District	222-7817
Dental Society, Minneapolis District	332-0444
Organizations	
Alcoholics Anonymous	
East Metro	227-5502
West Metro	922-0880
Aids Hotline	1-800-342-2437
Spanish Speaking	1-800-344-7432
Hearing Impaired	1-800-243-7889
Alzheimers Association	888-7653
American Cancer Society	
Eastern Area – includes Anoka, Dakota, Ramsey, Washington Counties	644-1224
Hennepin County	925-2772
American Diabetes Association	593-5333
American Heart Association	835-3300
American Lung Association	227-8014
American Parkinson Disease Association	1-800-223-2732
Arthritis Foundation	874-1201
Chronic Fatigue Syndrome Association	1-800-442-3437
Chrohn's, Colitis & Ileitis National Foundation	1-800-343-3637
Or	1-800-932-2423
Epilepsy Foundation	646-8675
Or	1-800-779-0777
Lupus Foundation of America	375-1131
Mental Health Association of Minnesota	331-6840
Minnesota Depression & Manic Depressive Assoc.	379-7933
Multiple Sclerosis Society of Minnesota	870-1500
National Association of Sickle Cell Disease	1-800-421-8453
National Ataxia Foundation	473-7666
National Cancer Institute	1-800-422-6237
National Head Injury Foundation	1-800-444-6443
National Kidney Foundation	1-800-622-9010
National Reye's Syndrome Foundation	1-800-233-7393
National Spinal Cord Injury Association	1-800-962-9629
National Stroke Association	1-800-787-6537