

Food, Culture, & Health Study

Cunno, Caado, & Caafimaad Study

Thank you for participating in this study focused on food and health in your cultural community! Below are some local *food and nutrition* and *mental health* resources in the **Twin Cities area**.

Food & Nutrition Resources:

- [Somali Food Shelves](#) Across the Twin Cities | Isuroon
- **SNAP Benefits Screener** in [English](#) and [Somali](#) | Minnesota Department of Human Services

Mental Health Resources:

- **Culturally Relevant and Affordable Care: (612) 332-4973** | People's Center
- [No-Cost Primary Care and Mental Health Care Appointments](#) | Community-University Health Care Center