# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>2</td>
</tr>
<tr>
<td>K-12 Education</td>
<td>2</td>
</tr>
<tr>
<td>Early Childhood Family Education (ECFE)</td>
<td>3</td>
</tr>
<tr>
<td>ESL - English as a Second Language</td>
<td>3</td>
</tr>
<tr>
<td>Minnesota Extension Agency</td>
<td>5</td>
</tr>
<tr>
<td>Safety and Transportation</td>
<td>6</td>
</tr>
<tr>
<td>Car Seat Information</td>
<td>6</td>
</tr>
<tr>
<td>Child Safety</td>
<td>7</td>
</tr>
<tr>
<td>Transportation</td>
<td>10</td>
</tr>
<tr>
<td>Daycare Options</td>
<td>14</td>
</tr>
<tr>
<td>Medical Information</td>
<td>16</td>
</tr>
<tr>
<td>Health Care</td>
<td>16</td>
</tr>
<tr>
<td>Basic Immunization Information for Children</td>
<td>16</td>
</tr>
<tr>
<td>Shopping</td>
<td>18</td>
</tr>
<tr>
<td>General Shopping</td>
<td>18</td>
</tr>
<tr>
<td>International Markets</td>
<td>22</td>
</tr>
<tr>
<td>Children’s Clothing Sizes</td>
<td>22</td>
</tr>
<tr>
<td>How to get involved</td>
<td>24</td>
</tr>
<tr>
<td>Family Activities</td>
<td>24</td>
</tr>
<tr>
<td>Volunteer Activities</td>
<td>32</td>
</tr>
<tr>
<td>Living in the US</td>
<td>34</td>
</tr>
<tr>
<td>Holidays and Customs</td>
<td>34</td>
</tr>
<tr>
<td>Weather</td>
<td>35</td>
</tr>
<tr>
<td>Weights and Measurement</td>
<td>39</td>
</tr>
</tbody>
</table>
GENERAL SHOPPING

Grocery stores
Grocery stores sell all types of food – fresh, frozen, and canned – "staples," and spices. "Staples" are everyday food items, such as bread, milk, and eggs. Some grocery stores sell toiletries such as shampoo, toothpaste, and paper product such as toilet paper, paper towels, facial tissues, paper plates, and paper cups. Please see the yellow pages of the phone book for the grocery store nearest to you.

Supermarkets
Supermarkets usually include a bakery, pharmacy, and photolab, and in some cases even sell gas. They offer a large variety of specialty foods. Because they stock larger varieties and quantities of foods, supermarket chains such as Rainbow and Cub are able to offer lower prices than other stores. Some full-service supermarkets, such as Lund’s or Byerly’s, offer special foods and will bag and carry your groceries for you, but the prices are frequently higher. These are the supermarkets closest to the Minneapolis and St. Paul campuses:

Less expensive stores:
   Cub Lake Street
   2850 26th Avenue South,
   Minneapolis, MN 55406
   Store Phone: 612-721-2787
   Pharmacy: 612-721-5840
   Cub Midway
   1440 University Avenue West,
   St. Paul, MN 55104
   Store Phone: 651-646-1003
   Pharmacy: 651-646-8858

2. Rainbow- www.rainbowfoods.com
   Rainbow Lake Street
   2919 26th Ave. S.
   Minneapolis, MN 55406
   Phone: (612) 724-4605
   Rainbow Midway
   1566 University Ave.
   Saint Paul, MN 55104
   Phone: (651) 644-4321

3. Super Target- www.supertarget.com
   Super Target Roseville
   1515 County Road B W
   Roseville, MN 55113
   Phone: (651) 631-0330
More expensive stores:
1. Byerly’s- www.byerlys.com
   Byerly’s Roseville
   1601 West County Rd C
   Roseville, MN 55113
   (651) 633-6949

2. Lund’s- www.lundsmarket.com
   Lund’s has many locations, primarily in the suburbs surrounding the Twin Cities. Please visit their website for more information on their locations.

3. Kowalski’s- www.kowalskis.com
   Kowalski’s has many locations, primarily in the suburbs surrounding the Twin Cities. Please visit their website for more information on their locations.

Clothing, pharmaceuticals, and housewares

Department stores
Department stores sell shoes, clothing, appliances, furniture, fabrics, dishes, pots and pans, linens, towels, and toys. You can find them downtown and at the suburban shopping malls. Most mall hours are 9:30 a.m. – 9:00 p.m. Monday through Friday, Saturday 10:00 a.m. – 8:00 p.m., and Sunday 11:00 a.m. – 5:00 p.m.

The major Twin Cities department stores include JC Penney’s, Kohl’s, Macy’s, Marshall Field’s, and Sears. See the Yellow Pages in your local phone book for locations and phone numbers.

Discount department stores, such as Target and Walmart, sell fair- to good-quality items for discount prices. You can find them near downtown and in the suburbs.

Shopping malls and centers
Shopping malls and centers contain many different stores under one roof to avoid the problem of taking children in and out of the cold weather. Traditionally, all of the stores in the malls or centers open onto an indoor plaza. Shopping malls are typically “American,” and Minnesota is the home of the giant Mall of America, completed in 1992. A shopping center or “strip mall” is usually smaller and does not have an indoor plaza.

Malls and centers close to the University include Rosedale and Har Mar Mall (both near Snelling Avenue and Highway 36, in the St. Paul campus vicinity), Eastgate Shopping Center (Central and University Avenues S.E.,
Minneapolis), and Midway Shopping Center (University and Snelling Avenue, St. Paul).

Below is a short list of stores that carry a wide variety of products, including baby and children’s items.

1. Store name- Target

Target sells fair to good quality items for discount prices. Target offers clothing, household items (kitchen supplies, cleaning supplies, appliances, rugs, lamps, etc.), electronics, some furniture, sports equipment, toys, books, and CDs / DVDs.

Stores in Minneapolis and St. Paul are listed below. More information and store locations can be found at www.target.com

<table>
<thead>
<tr>
<th>Minneapolis</th>
<th>St. Paul</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minneapolis Nicollet Mall Target</td>
<td>Midway Target</td>
</tr>
<tr>
<td>900 Nicollet Mall</td>
<td>1300 University Ave W</td>
</tr>
<tr>
<td>Minneapolis, MN 55403</td>
<td>Saint Paul, MN 55104</td>
</tr>
<tr>
<td>Phone: (612) 338-0085</td>
<td>Phone: (651) 642-1146</td>
</tr>
<tr>
<td>Hours: Mon-Sat 8am to 9pm</td>
<td>Hours: Mon-Sat 8am to 10pm</td>
</tr>
<tr>
<td>Sun 10am to 6pm</td>
<td>Sun 8am to 9pm</td>
</tr>
<tr>
<td>Minneapolis NE Target</td>
<td>East St Paul Target</td>
</tr>
<tr>
<td>1650 New Brighton Blvd Minneapolis, MN 55413</td>
<td>1744 Suburban Ave</td>
</tr>
<tr>
<td>Phone: (612) 781-7033</td>
<td>Saint Paul, MN 55106</td>
</tr>
<tr>
<td>Hours: Mon-Sat 8am to 10pm</td>
<td>Phone: (651) 778-1188</td>
</tr>
<tr>
<td>Sun 8am to 9pm</td>
<td>Hours: Mon-Sat 8am to 10pm</td>
</tr>
<tr>
<td>Lake Street Target</td>
<td>West St. Paul SuperTarget</td>
</tr>
<tr>
<td>2500 E Lake St</td>
<td>1750 Robert St S</td>
</tr>
<tr>
<td>Minneapolis, MN 55406</td>
<td>West St Paul, MN 55118</td>
</tr>
<tr>
<td>Phone: (612) 721-5701</td>
<td>Phone: (651) 455-6671</td>
</tr>
<tr>
<td>Hours: Mon-Sat 8am to 10pm</td>
<td>Hours: Mon-Sat 8am to 10pm</td>
</tr>
<tr>
<td>Sun 8am to 9pm</td>
<td>Sun 8am to 9pm</td>
</tr>
</tbody>
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2. Store name- Burlington Coat Factory, Baby Depot

Burlington Coat Factory has a Baby Depot inside their stores. Baby Depot offers clothing, furniture, bedding and gear at discounted prices.

More information can be found at www.burlingtoncoatfactory.com

| Burlington Coat Factory          | Burlington Coat Factory    |
| 600 Northtown Dr                 | 2035 South Robert Street   |
| Blaine, MN 55434                 | West Saint Paul, MN 55118  |
| (763) 783-1143                   | (651) 451-8708             |
3. Store name - Babies R Us
Babies R Us offers a wide range of baby related items, such as clothing, bedding, linens, furniture, toys, supplies, etc.
Babies R Us
2401 N. Fairview Ave.
Roseville, MN 55113
Tel: (651)367-2165

4. Store name- Toys R Us
Toys R Us offers toys and games for babies and children.
Toys R Us- Minnetonka
14100 Wayzata Blvd.
Minnetonka, MN 55305
(763)525-1697

Toys R Us- Burnsville
14041 Aldrich Ave.
Burnsville, MN 55337
(952)890-8697

Toys R Us- Blaine
170 89th Avenue N.E.
Blaine, MN 55434
(763)784-6255

Toys R Us - Bloomington
7839 Southtown Mall
Bloomington, MN 55431
(952)881-0287

Toys R Us- Maplewood
1852 E. County Road D
Maplewood, MN 55109
Tel: (651)770=2918

5. Store name- Kohl’s
Kohl’s offers mainly clothing, including adult and children’s clothing. The store also has some items for the home, such as kitchen and bath supplies. More information can be found at www.kohls.com

Rosedale
1651 Countyroad B2
Roseville, MN 55113
Phone: (651)636-8322

Eagan
1350 Town Centre Dr
Eagan, MN 55121
Phone: (651)688-8388
Cutting costs

Buying used or second-hand clothing and furniture is very common in the United States – especially among students, who are trying to reduce their costs. Some of the better-known stores include Goodwill Stores, Ragstock, and Savers. Once Upon a Child offers low-cost, used clothing, baby items, and furniture. Also, students often post notices of second-hand items to buy or sell in newspaper classified ads, on bulletin boards, and listserves. The following is a list of thrift stores that have information on the Internet.

Goodwill Stores: http://locator.goodwill.org
Once Upon a Child: www.ouac.com
Ragstock: www.ragstock.com
Salvation Army Thrift Stores: www.nro.salvationarmy.ca/english
Savers: www.savers.com/whoweare/locator.php

INTERNATIONAL MARKETS

Looking for food from your home country? This guide provides a list of international specialty and ethnic markets in the Twin Cities: z.umn.edu/isssmarketguide

Vegetation Resources:
At http://www.vegguide.org/, you can search for vegetarian restaurants by zip code.

CHILDREN’S CLOTHING SIZES

We offer these general sizing rules to provide you with general measurements to make your shopping more convenient. If you are having
Newborns | Weight (pounds) | Height (inches)  
--- | --- | ---  
0-3 months | 0-10 lbs | 0-22”  
6 months | 11-15 lbs | 22-24”  
9 months | 14-16 lbs | 24-25”  

Infants  
| |  
|12 months | 16-20 lbs | 25-27”  
|18 months | 21-24 lbs | 27-30”  
|24 months | 25-28 lbs | 30-33”  

Toddler  
| |  
|2T | 25-28 lbs | 33-34”  
|3T | 29-32 lbs | 35-36”  
|4T | 33-36 lbs | 37-38”  

Older boys and girls  
| |  
|4 | 35-38 lbs | 39-40”  
|5 | 39-41 lbs | 41-43”  
|6 | 42-46 lbs | 44-46”  
|6X | 47-53 lbs | 47-48”  
|7 | 54-57 lbs | 49-51”  
|8 | 58-63 lbs | 52-53”  
|10 | 64-72 lbs | 54-55”  
|12 | 73-80 lbs | 56-57”  
|14 | 81-90 lbs | 58-59”  

Girl’s Shoe Sizes  
| |  
|Europe | 26 | 26.5 | 27 | 27.5 | 28 | 28.5 | 29 | 30 | 30.5 | 31 | 31.5 | 32.2 | 33 | 33.5  
|Japan | 14.5 | 15 | 15.5 | 16 | 16.5 | 17 | 17.5 | 18 | 18.5 | 19 | 19 | 19.5 | 20 | 20.5  
|U.K. | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 13.5 | 1 | 1.5  
|US & Canada | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3  

Boy’s Shoe Sizes  
| |  
|Europe | 29 | 29.7 | 30.5 | 31 | 31.5 | 33 | 33.5 | 34 | 34.7 | 35 | 35.5 | 36 | 37 | 37.5  
|Japan | 14.5 | 15 | 15.5 | 16 | 16.5 | 17 | 17.5 | 18 | 18.5 | 19 | 19 | 19.5 | 20 | 20.5  
|U.K. | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 13.5 | 1 | 1.5  
|US & Canada | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 13.5 | 1 | 1.5 | 2 | 2.5 | 3