

# UNIVERSITY OF MINNESOTA

INTERNATIONAL  
STUDENT AND  
SCHOLAR SERVICES

*Office of International Programs*



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## FAMILY RESOURCE GUIDE

# Contents

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Education... ..	2
K-12 Education... ..	2
Early Childhood Family Education (ECFE)... ..	3
ESL - English as a Second Language... ..	3
Minnesota Extension Agency... ..	5
Safety and Transportation... ..	6
Car Seat Information... ..	6
Child Safety... ..	7
Transportation... ..	10
Daycare Options... ..	13
Medical Information... ..	14
Health Care... ..	14
Basic Immunization Information for Children... ..	15
Shopping... ..	16
General Shopping... ..	16
International Markets... ..	21
Children’s Clothing Sizes... ..	21
How to get involved... ..	23
Family Activities... ..	23
Volunteer Activities... ..	31
Living in the US... ..	32
Holidays and Customs .....	32
Weather... ..	33
Weights and Measurement... ..	38

# SHOPPING

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## 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 box 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:**

1. Cub- [www.supervalu.com/sv-webapp/retail/banners/cub.jsp](http://www.supervalu.com/sv-webapp/retail/banners/cub.jsp)

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](http://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](http://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](http://www.byerlys.com)

Byerly's Roseville  
1601 West County Rd C  
Roseville, MN 55113  
(651) 633-6949

2. Lund's- [www.lundsmarket.com](http://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](http://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](http://www.target.com)

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

### 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](http://www.burlingtoncoatfactory.com)

Burlington Coat Factory 600 Northtown Dr Blaine, MN 55434 (763) 783-1143	Burlington Coat Factory 2035 South Robert Street West Saint Paul, MN 55118 (651) 451-8708
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Burlington Coat Factory  
3700 Highway 100 South  
Saint Louis Park, MN 55416  
(952) 929-6850

Burlington Coat Factory  
7575 West 153RD Street  
Apple Valley, MN 55124  
(952) 997-2010

Burlington Coat Factory  
1729 Beam Avenue  
Maplewood, MN 55109  
(651) 770-3335

### 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](http://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

Brookdale 2501 County Road 10 Brooklyn Center, MN 55430 Phone: (763)560-3665	Eden Prairie 450 Prairie Center Dr Eden Prairie, MN 55344 Phone: (952)829-1314
Knollwood 8440 Hwy 7 St. Louis Park, MN 55426 Phone: (952)988-9100	Maple Grove 8080 Wedgewood Ln Maple Grove, MN 55369 Phone: (763)420-4919
Bloomington-MN 7931 Southtown Center Bloomington, MN 55431 Phone: (952)881-8861	Blaine 10311 Baltimore Street Blaine, MN 55449 Phone: (763)784-1629

### *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](http://www.ouac.com)

Ragstock: [www.ragstock.com](http://www.ragstock.com)

Salvation Army Thrift Stores: [www.nro.salvationarmy.ca/english](http://www.nro.salvationarmy.ca/english)

Savers: [www.savers.com/whoweare/locator.php](http://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: [www.iss.umn.edu/campuslinks/market\\_guide.pdf](http://www.iss.umn.edu/campuslinks/market_guide.pdf)

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

difficulty choosing a size, please ask the salesperson for help.

Helpful Hints:

- For babies and toddlers, weight is the best size determinant
- For children, height is the best determinant
- Check for special sizing suggestions within each product description

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"
<b>Infants</b>		
12 months	16-20 lbs	25-27"
18 months	21-24 lbs	27-30"
24 months	25-28 lbs	30-33"
<b>Toddler</b>		
2T	25-28 lbs	33-34"
3T	29-32 lbs	35-36"
4T	33-36 lbs	37-38"
<b>Older boys and girls</b>		
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