

# LOCAL FOOD RESOURCES GUIDE



## SHELF STABLE FOOD

### Mid-Iowa Community Action (MICA) Food Pantry - open to anyone

- 609 4th Avenue. Open Mon, Thurs, & Fri 10am – 4pm, Tues 10am – 4pm. Call (641) 752-7162 “opt 2” (x2)
- Fresh produce from local farmers available anytime. Pantry items available twice per month

### Drake Community Library Food Cupboard - open to anyone

- 930 Park Street – inside West entrance. Mon – Fri: 8am – 7pm; Sat: 9am – 5pm; Sun: 1pm – 5pm
- Free pantry staples. Take what you need. Stocked 3x a week

### Grinnell Tiger Packs

- Food placed in backpacks for students in need for the weekend during the school year
- Students are identified by school staff or through family application
- Talk with your child’s teacher or administration to sign up, preK-8th grade

### Supplemental Nutrition Assistance Program (SNAP)

- Find out eligibility and apply online through DHS at [hhs.iowa.gov/how-to-apply](https://hhs.iowa.gov/how-to-apply)
- Call (855) 944-3663 on Monday – Friday 8:00 am to 5:00pm to apply over the phone

## PREPARED FOOD

### Grinnell Community Meal - open to anyone

- Grinnell United Methodist Church, 916 5th Avenue. Thursday, 5:30-6:00pm
- Sign up at [www.grinnellumc.org/community-meal](http://www.grinnellumc.org/community-meal) or (641) 236-3757 by Wed at noon to RSVP
- Walk-ins welcome

### Food Recovery Network - open to anyone

- Prepared meals home-delivered locally three times a week on Tues, Thurs, and Sat
- Call (641) 990-1610 to sign up.

### Northeast Iowa Area Agency on Aging

- Local diner meals and prepared meals home-delivered.
- Call (800) 779-8707 “opt 3” and ask about "Iowa Cafe" to sign up
- Must be 60 years or older and live in Grinnell to be eligible – registration required

### The Iowa Kitchen - open to anyone

- Reserve a free prepared meal to pick up on Saturdays at 834 Park Street
- Call (641) 236-3657 before Friday at noon to reserve

### Connections (Station Club House)

- Free meal Mon – Fri: 9am – 3pm at 729 Pearl St. (641) 236-5325
- Must be 18+ and have a mental health diagnosis.

## PRODUCE OPTIONS

### Grinnell Farm to Table

- Weekly box of seasonal food, May - October
- Learn more at <https://www.grinnellfarmtotable.org>

### Giving Gardens

- Free produce from local community gardens
- 9 locations in Grinnell. See map at [www.ahrensfamilyfoundation.org/giving-gardens](http://www.ahrensfamilyfoundation.org/giving-gardens)

### Fareway

- Double Up Food Bucks program from SNAP to be used on the purchase of fresh produce
- Buy \$1 worth of SNAP eligible product and receive \$1 to be used on fresh produce

### Grinnell Farmer’s Market

- Beginning in June, located at Central Park. Thursdays 3pm – 6pm, Saturdays 10am – 12pm
- Debit, Credit, SNAP, WIC and Senior Checks accepted. Double Up Food Bucks program available
- Call (641) 236-6555 or go to [www.grinnellfarmersmarket.com](http://www.grinnellfarmersmarket.com) to learn more.

### Prairie Produce

- Fresh produce available during the summer months, 11am-6pm, daily.
- Other items available in the winter by appointment only. Call (641) 990-9796
- Debit, credit, SNAP, and WIC checks accepted. Double Up Food Bucks program available

## FOR MORE INFORMATION CONTACT

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