



RESOURCE GUIDE

WE'RE HERE TO SUPPORT YOU.

A Community Guide to Food Assistance, Mental Health and Wellness Services and Financial Resources



CONTACT US FOR MORE INFORMATION
localresources@ahrensfamilyfoundation.org

641-236-5518 ext. 109 or visit www.ahrensfamilyfoundation.org/local-resources



FOOD RESOURCES

- **Blessed Community Meal:** Curbside Pick up at the Grinnell United Methodist Church on Wednesdays from 6:00-6:30pm. Call 641-236-3757 to reserve a meal.
- **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.
- **Farmer's Market:** Beginning in June, located at Central Park. Thursday's 3:00-6:00pm, Saturday's 10:00am-Noon. Debit, credit, SNAP cards accepted, and Double Up Food Bucks program available. WIC and Senior Checks accepted. Call 641-236-6555 or go to www.grinnellfarmersmarket.com to learn more.
- **Food Recovery Network:** Distribution of previously prepared food. Drive by and pick up noon at 1st Presbyterian Church, 1025 5th Ave. Tues, Thurs and Sat. Call 641-990-1610 for delivery needs.
- **Grinnell Food Coalition:** Grocery vouchers available through community agencies on an as needed basis. Call 641-236-5518, ext. 109 for a complete list.
- **Grinnell Giving Gardens:** During the spring-summer growing season. Visit www.imaginegrinnell.org/programs/#gardens for a map of garden locations.
- **Grinnell School District:** Food Pantries for students at the Middle School and High School.
- **The Iowa Kitchen:** Community meal served out of Relish Restaurant on Saturdays starting at noon. Call 641-236-3657 by Saturday at noon to reserve a meal.
- **Iowa State University Extension and Outreach:** meal planning, healthy eating information www.extension.iastate.edu/humansciences/nutrition
- **Local Foods Connection:** Weekly box of seasonal food, May-October, free to LFC clients. Referrals from MICA, your local physician, Station Clubhouse, or your faith leader. Learn more at www.localfoodsconnection.com.
- **Meals-On-Wheels:** Meals available for homebound seniors ages 60 & older. To sign up call, 866-468-7887.
- **MICA:** 609 4th Avenue; appointments preferred, please call 641-236-3923. Food from the pantry is available twice a month. Fresh produce and bread are available Mon, Tues, Thurs, Fri. 8:00am-4:00pm. Malcom Food Pantry; Every Thurs. 5:00-6:45pm at 602 4th St. 641-528-4004; 1st Wed. of the month, mobile pantry at Malcom Auditorium 4:30-6:30pm.
- **Montezuma Food Pantry:** 501 N. Front St. Montezuma; Mon. 10:00-12:00pm, Wed. 2:00- 4:30pm, Thurs. 4:30-6:00pm, Fri. 12:30-2:00pm. Client choice food pantry. Pantry available once a month. www.facebook.com/MontezumaFoodPantry/
- **SNAP- Supplemental Nutrition Assistance Program:** Find out eligibility and an application through DHS www.dhs.iowa.gov/how-to-apply.
- **Tiger Packs:** Students preK-8th grade, a bag of nutritious, kid-friendly food for the weekend. Talk with your student's teacher or school to sign up.
- **Virtual Education on nutrition, meal planning, and healthy eating on a budget.** Contact Grisel at (515)-412-0751 or email gchavez@iastate.edu or Abby at (563)-583-6496.



MENTAL HEALTH RESOURCES

- **Mental Health Counselors:**
 - Capstone: 641-260-8270
 - Davis Psychological Associates: 641-236-0632
 - Gallegos Counseling: 641-324-6283
 - Grinnell Counseling: Kun-Hong Lu, 641-236-8811
 - Healthy Homes Family Services: 641-236-0273
 - Hope Family Counseling: www.hopefamilycounseling.com
 - Jeff Wells: 641-236-4680
 - Midwest Counseling: 641-236-1644
 - Red Couch Counseling: Erik Kohl, www.redcouchcounselingdsm.com
 - Steiner and Associates: 877-944-1200
- **JPK Fund:** Serving those in the Poweshiek County area who are in need of mental health services but are unable to afford care or medications. Please reach out to your local mental health care provider, email localresources@ahrensfamilyfoundation.org or call 641-236-5518, ext. 109
- **NAMI:** National Alliance on Mental Illness, visit www.nami.org/Your-Journey/Individuals-with-Mental-Illness or call 1800-950-6264
- **CICS (Central Iowa Community Services):** provides coordination and financial support for mental health and disability services to eligible applicants. Call 641-236-9199 for more information.
- **Crisis Stabilization Community Based Services:** Counseling, medication management, peer support, referral, and case management. Call 1-855-581-8111.
- **Warm Line:** A peer-run, confidential, telephone listening line for non crisis situations. Available from 5:00pm- 10:00pm daily. 1-844-775 WARM (9276)
- **AA Meetings:** www.aa-iowa.org/meetings/5759/
- **Social Connectedness for the Homebound:** Iowa Department on Aging www.iowaaging.gov/sites/default/files/library-documents/Social_Connectedness_for_the_Homebound_Resources_2020.03.pdf



FINANCIAL RESOURCES

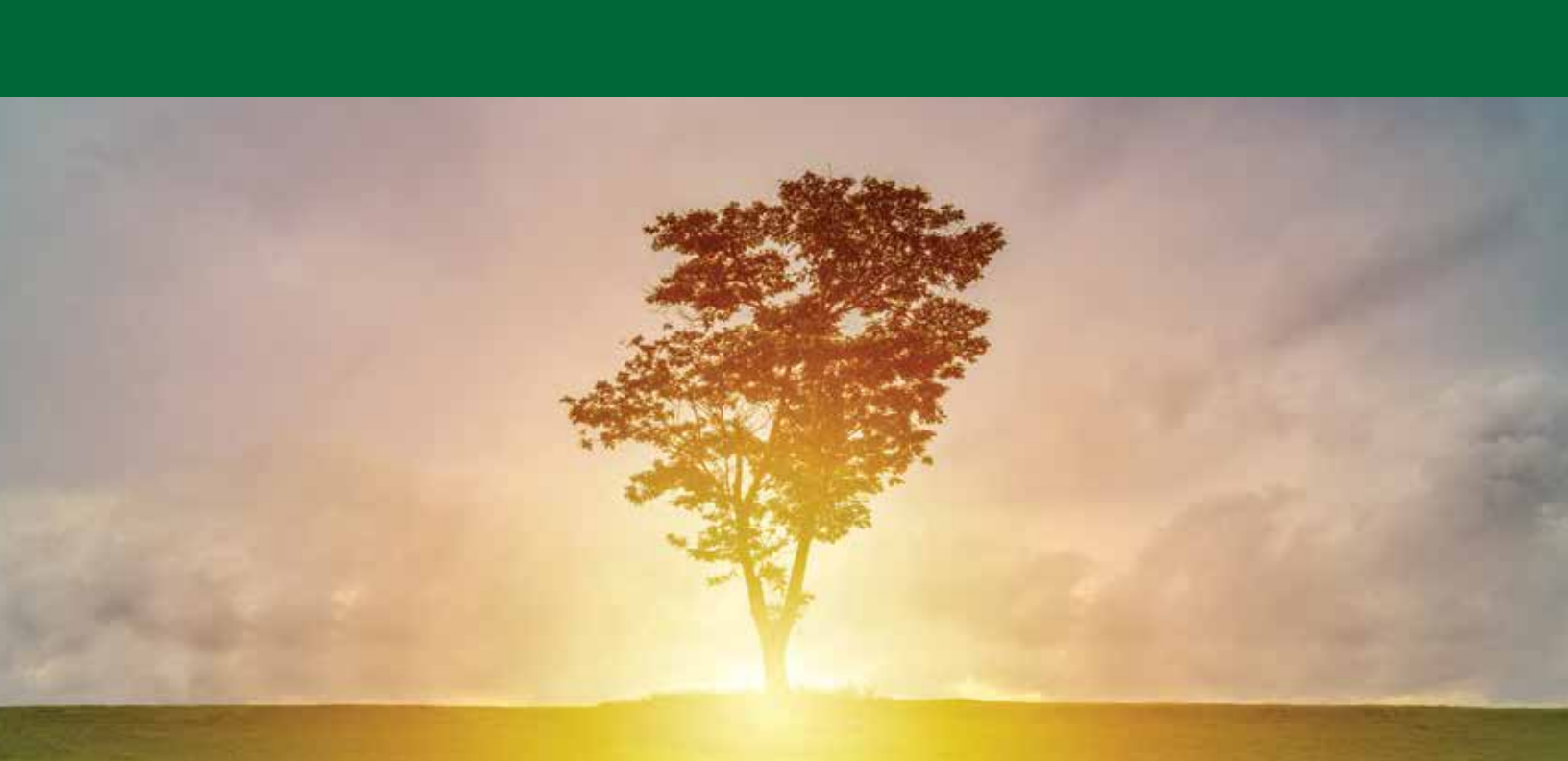
LOCAL RESOURCES

- **General Assistance for Poweshiek County:** 641-623-0044, www.poweshiekcounty.org/general-assistance
- **Grinnell Ministerial Association:** provides for lodging, food, gas, and other needs for people in Grinnell. Call 641-236-4136.
- **Poweshiek Housing Assistance Fund:** assistance with rent, utility bills, and other issues surrounding housing. For more information, please call Susan Hiner at the city offices, 641-236-2611.
- **Rent Assistance information for city of Grinnell and Poweshiek County:** rentassist@windstream.net or call 641-236-2611.
- **John M. Campbell Fund:** Financial assistance for groceries, taxi services, utilities, rent assistance and medical services for income-eligible Grinnell residents. Call Sharon Mealey at the city offices at 641-236-2600 or fill out this form, www.grinnelliowa.gov/DocumentCenter/View/257/Campbell-Fund-Form?bidId=
- **MICA:** Low-income home energy assistance program. Call 641-236-3923 for an appointment.
- **Emergency Loan Program (SEG):** This program provides no-interest loans for emergencies such as car repair, temporary loss of income, or medical emergencies. It is also intended to serve as an alternative to predatory loans. For more information, email GrinnellMicroFinance@gmail.com
- **Grinnell Small Business Relief Fund:** See the Chamber of Commerce website or fill out this form: www.docs.google.com/forms/d/e/1FAIpQLSf2l5REJD1y9OeSWASpBkKZg7lc7_SXFadF_X6uMXt75VNJQ/viewform
- **Iowa State University Extension and Outreach Family Finance Program Specialist:** Help with a budget, prioritize bills, pay down debt, connect with community resources to stretch reduced incomes, and other personal finance topics – totally free of charge. <https://www.extension.iastate.edu/humansciences/finance>
- **General Assistance from ISU:** Covering finances, mental health, parenting, etc. <https://www.extension.iastate.edu/humansciences/disaster-recovery>

STATE RESOURCES

- **Iowa Economic Development Authority:** Loans, relief, and guidelines for small business owners. www.iowaeconomicdevelopment.com/our-agency-detail-resources/6710
- **Iowa Department on Aging:** <https://iowaaging.gov/>
- **Iowa Legal Aid:** <https://www.iowalegalaid.org/>
- **Iowa Workforce Development:** www.iowaworkforcedevelopment.gov/
- **Medicare/Medicaid:** www.iowaaging.gov/sites/default/files/library-documents/3.24.20_Memo.pdf

For more community resources, please visit the Drake Community Library website
<https://drakelibrary.org/community-resource-guide>



YOUR COMMUNITY STANDS WITH YOU.



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SPONSORS HELPING:

A coalition of Grinnell residents representing the Claude W. and Dolly Ahrens Foundation, MICA, Imagine Grinnell, Tiger Packs, Local Foods Connection, Grinnell Chamber of Commerce, Grinnell College, Drake Community Library and our local churches and schools have come together to address food insecurity issues.



TO DONATE TO THE FOOD VOUCHER FUND:

Tax deductible contributions can be made online at www.ahrensfamilyfoundation.org/local-resources or sent by mail to:
Claude W. and Dolly Ahrens Foundation
1510 Penrose Street
P.O. Box 284
Grinnell, IA 50112