



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

jennifer@ahrensfamilyfoundation.org

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



FOOD RESOURCES

- **Drake Community Library Food Cupboard:** 930 Park St. at the west entrance; Open during library hours Mon -Thurs 10:00am-8:00pm, Fri 10:00am-6:00pm, Sat 10:00am-5:00pm. Limited pantry options.
- **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.
- **Giving Gardens:** During the spring-summer growing season. Visit www.ahrensfamilyfoundation.org/giving-gardens for a map of garden locations.
- **Grinnell Community Meal:** (formerly the Blessed Community meal, now combined with Davis Community Meal) served at the Grinnell United Methodist Church, corner of 5th and Park St. Enter the Park St. door. Meal served on Thursdays at 5:30pm. Meal available to anyone in the community. Please sign up by Wednesday at Noon by calling the office at 641-236-3757.
- **Grinnell School District:** Food Pantries for students at the Middle School and High School.
- **Iowa Café:** Individuals 60 years and older and live in Grinnell may be eligible to participate in the meal at WestSide Diner. Please call 800-779-8707 to enroll. All meals are available on a contribution basis.
- **The Iowa Kitchen:** The Iowa Kitchen serves a need-blind community meal out of the logo-painted kitchen door on the north side of 834 Park Street every Saturday between 12:00-12:30pm. Call 641-236-3657 before Saturday each week to reserve your free prepared meal. Leave a name and time (between noon & 1:00pm) when food will be picked up.
- **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:** Individuals 60 years and older may be eligible and must complete an application to participate. Please call 800-779-8707. Meals are available on a contribution basis.
- **MICA:** 609 4th Avenue, 641-236-3923. First time visitors will fill out basic paperwork; do not need to bring anything with you. Food from the pantry is available twice a month and is a choice pantry. Fresh produce and bread are available anytime. Hours: Mon, Tues, Thur, Fri 9:00am-4:00pm. Also available, infant items like diapers, formula, wipes, soap and lotion. Hygiene and household cleaning products are also available.
- **Prairie Produce:** Fresh produce during the summer months, hours 11am-6pm, daily. Other items available in the winter and by appointment only, please call 641-990-9796. Debit, credit, SNAP cards accepted, and Double Up Food Bucks program, WIC checks accepted.
- **SNAP- Supplemental Nutrition Assistance Program:** Find out eligibility and an application through DHS hhs.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.



MENTAL HEALTH RESOURCES

- **Mental Health Counselors:**
 - @The Mental Health Lab: 641-990-4936
 - Ana Sanchez Smith: 641-352-6061
 - Capstone: 641-528-6065
 - Davis Psychological Associates: 641-236-0632
 - Dr. H. Jacquie Perman: 641-812-2990
 - Gallegos Counseling: 641-781-0770
 - Grinnell Counseling: Kun-Hong Lu, 641-236-8811
 - Healthy Homes Family Services: 641-236-0273
 - Hope Family Counseling: 641-323-2729
 - Jeff Wells: 641-236-4680
 - Midwest Counseling: 641-236-1644
 - Red Couch Counseling: Erik Kohl, 641-244-3347
 - Steiner and Associates: 877-944-1200
- **988 - Suicide and Crisis hotline**
- **AA Meetings:** www.aa-iowa.org/meetings/5759
- **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.
- **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 jennifer@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
- **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)



FINANCIAL RESOURCES

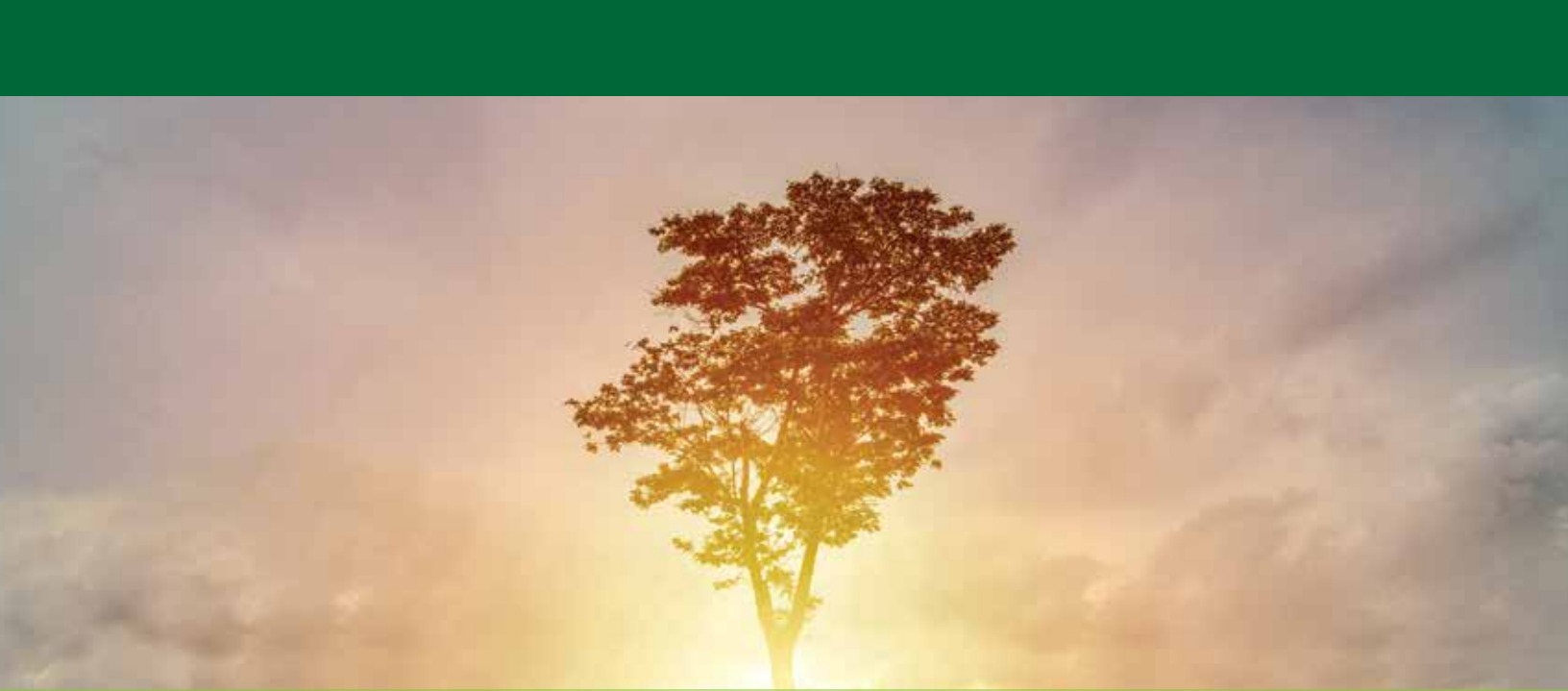
LOCAL RESOURCES

- **General Assistance for Poweshiek County:** 641-623-0044, poweshiekcounty.org/general_assistance/
- **Grinnell Ministerial Association:** provides for emergency lodging, food, gas, and other needs for people in Grinnell. Call 641-236-6059.
- **Poweshiek Housing Assistance Fund:** assistance with rent, utility bills, and other issues surrounding housing. For more information, please call Kate Slater 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
- **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>
- **Medicare/Medicaid Additional Benefits:** Individuals that are on Medicaid and Medicare may qualify for extra benefits such as credits each month for food, OTC items, and utilities along with vision and dental benefits. Contact Sherri Peart with Peart Insurance to see if you qualify. 641-990-9710 or email sherripeart@gmail.com.

STATE RESOURCES

- **Iowa Economic Development Authority:** For small businesses. www.iowaeda.com/small-business/
- **Iowa Legal Aid:** <https://www.iowalegalaid.org/>
- **Iowa Workforce Development:** www.iowaworkforcedevelopment.gov/
- **Northeast Iowa Area Agency on Aging:** iowaaging.gov/area-agencies-aging/northeast-iowa-area-agency-aging-nei3a
- **Medicare/Medicaid:** www.iowaaging.gov/sites/default/files/library-documents/3.24.20_Memo.pdf
- **Additional State services:** How to apply hhs.iowa.gov/how-to-apply

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:

Members of the Grinnell Food Coalition represent: Claude W. and Dolly Ahrens Foundation, Tiger Packs, Food Recovery Network, Grinnell College, Grinnell Community Meal, Grinnell Ministerial Association, Local Foods Connection, Grinnell Chamber of Commerce, G-N School District, MICA, Drake Community Library, and Grinnell Education Partnership



MISSION:

The Grinnell Food Coalition is a network of organizations and individuals committed to the reduction of food insecurity in Grinnell and surrounding communities. The Coalition promotes coordination among community partners, distributes information about food sources and programs, helps maximize resources to help those with limited or uncertain access to food, and addresses gaps in resources by issuing emergency grocery vouchers to area residents through the assistance of Coalition partners. To donate to the fund tax deductible contributions may be made online: 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