

# LOCAL FOOD RESOURCES GUIDE



## SHELF STABLE FOOD

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

- 609 4th Avenue. Open Mon, Thurs, & Fri 9am – 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

### GHS Food Market

- Food available for students in grades 9-12 to take home

## PREPARED FOOD

### Grinnell Community Meal - open to anyone

- Grinnell United Methodist Church, 916 5th Avenue. Thursday, 5:30-6:00pm
- Sign up at [grinnellumc.org/community-meal](https://grinnellumc.org/community-meal) or (641) 236-3757 by Wed at 12pm 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. Mon-Fri, 8am–4:30pm.
- Call 1 (800) 779-8707 “opt 3” and ask about “Iowa Cafe” to sign up or leave a message
- 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 12pm on Saturday to reserve (call by Friday at 12pm to reserve vegetarian meal)

### 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](https://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 Farmers Market

- Beginning May 8, located at Central Park. Thursdays 3pm – 6pm, Saturdays 9:30am – 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](https://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

SEE THE REVERSE SIDE FOR MORE RESOURCES

## GENERAL FINANCIAL ASSISTANCE

### **Campbell Fund – must meet income guidelines**

- Financial assistance available for healthcare bills, utilities, transportation, and more
- Apply in-person at Grinnell City Offices, 520 4th Ave. Must live in Grinnell to be eligible
- Call (641) 236-2600 between 7:30am – 4:30pm Monday through Friday

### **Community Support for Immigrants (COSI) – for all recent immigrants**

- Financial assistance available for healthcare bills, rental assistance, legal fees, and more
  - Inquire at [cosi-iowa.org/contact](http://cosi-iowa.org/contact) or (641) 316-6868 or email [cosicentraliowa@gmail.com](mailto:cosicentraliowa@gmail.com)
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## HOUSING ASSISTANCE

### **Poweshiek Housing Authority – eligibility determined by application**

- Rent assistance for income-eligible elderly, disabled, and families. Funded by HUD
  - Eligible families select their own rental units in Poweshiek County. Applications accepted continuously
  - Call (641) 236-2611 between 8am – 3:30pm on Monday – Thursday or go to 520 4th Avenue
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## HOME FURNISHINGS & CLOTHING

### **Second Mile – open to anyone**

- Inexpensive used clothing, home furnishings, and much more! 515 3rd Avenue.
- Open Mon, Tues, Friday 9am – 3pm; Wed 9am – 2:30pm; Thurs 9am – 5pm; Sat 9am – 12pm

### **Renewed Hope – open to anyone**

- Home furnishings available to those who need them. No charge, free will donation accepted
  - Pick up donated furnishings and deliver them to people in Poweshiek County
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## HEALTHCARE RESOURCES

### **UnityPoint Public Health – starting point for all public health needs**

- Light Center, 306 4th Avenue, (641) 236-2385
- Visit the Poweshiek County Public Health Facebook page for the latest updates in Poweshiek County.

## FINANCIAL ASSISTANCE FOR VARIOUS HEALTHCARE NEEDS

### **Central Iowa Community Services (CICS) – eligibility determined by application**

- 4th Avenue West, Suite 202. Call (641) 236-9199
- Provides coordination and financial support for mental health and disability services
- Service coordination, drop-in centers, mental health crisis services, outpatient non-crisis psychiatry services, housing supports, work supports, and other services.
- Open 8am – 4:30pm, Monday – Friday

### **Poweshiek County Dental Coalition – uninsured and underinsured children**

- Provides voucher funds for local dental care for people on Medicaid or not insured
- Offers some travel assistance for people who need to travel out of town for dental care
- To apply, email [poweshiekdentalcoalition@gmail.com](mailto:poweshiekdentalcoalition@gmail.com) or call (515) 650-1877

### **Lions Club – glasses for children from low-income families**

- Lion's Club Referrals are through school nurses and support staff
- They do screening in Head Start and other preschool classrooms

### **JPK Fund – assists people with financial barriers to receiving mental healthcare**

- All local providers can access these funds
- If you need mental healthcare and have financial barriers, call any local provider and ask about JPK Fund Assistance
- Or call (641) 236-5518 for more information

## FOR MORE INFORMATION CONTACT

[localresources@ahrensfamilyfoundation.org](mailto:localresources@ahrensfamilyfoundation.org) | [ahrensfamilyfoundation.org/local-resources](http://ahrensfamilyfoundation.org/local-resources)