

# Section 18:

## Food

Having healthy food options is one of the most effective ways to maintain good health for all individuals. For those who are needing additional assistance to help ensure they maintain healthy diet, multiple options are available in our community to support each person to prevent hunger. Below you will find a breakdown of nutritional assistance programs, food pantries, and additional food resources available in our area.

### Nutritional Assistance Programs (NAP)

NAP's have been put in place by the federal, state, and local government to support individuals and their families who are designated as low-income to ensure they have access to nutritional foods to maintain good health. There are a variety of programs available listed below.

- **Supplemental Nutritional Assistance Program (SNAP)** previously known as food stamps is a program offered to individuals designated as low-income to buy food to ensure they maintain good health. Individuals on the program will receive an electronic card that operates like a debit card to purchase food from their local grocery store.
  - Applications for SNAP are available at the Social Security office. If you already receive Supplemental Security Income (SSI), your local Social Security office can assist you in completing an application to your local SNAP office. If you do not receive SSI, you can complete the application on your own and send to your local SNAP office.
  - To check your SNAP eligibility, visit <https://dhsservices.iowa.gov/apspspp/ssp.portal> for their pre-screening eligibility tool or call the Iowa's SNAP information line at 877-347-5678.
- **Special Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC)** is a federal grant program managed by each state to provide supplemental food, nutrition education, and health care referrals to low-income pregnant, breastfeeding, non-breastfeeding, or postpartum women, and infants and children to age five who are considered to have nutritional risk. In some locations WIC Farmers' Market Nutritional Program is available for WIC participants to receive coupons to purchase local, healthy produce (fruits, vegetables, herbs) from local farmer's markets or roadside farm stands.

- Eligibility requirements are based on income, state residency, determination of nutritional risk by a health care professional or trained health official.
- To check your WIC eligibility, visit: [www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic).
- Other NAP's include Commodity Supplemental Food Program (CSFP), Children and Adult Care Food Program (CACFP), National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Food Service Program (SFSP), Senior Farmers' Market Nutrition Program (SFMNP), The Emergency Food Assistance Program (TEFAP). Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to see what programs you may qualify for.

## Local Food Pantries

### Abundance of Love Food Pantry

1622 42nd Street NE, Cedar Rapids, IA · 319-393-4606

**Hours:** 2nd & 4th Friday 10:30 AM – 12:30 PM. Food limit once per month.

### Anamosa Lunches for Youth (ALY)

(Free summer break sack lunches) · 319-462-3951

**Fawn Creek Mobile Homes** - 1900 IA - 64, Anamosa, IA

**Fairview Mobile Homes** - 9710 York Street, Anamosa, IA

**Strawberry Hill Apartments** - 1800 IA - 64, Anamosa, IA

**St. Patrick's Church Parking Lot** - 217 N Garnavillo Street, Anamosa, IA

**Lawrence Community Center** - 600 E Main Street, Anamosa, IA

**Hours:** Tuesday, Wednesday, Thursday 11:30 AM (Fawn Creek, Fairview) & Tuesday, Wednesday, Thursday 11:45 AM (Strawberry Hill, St. Patrick's), Tuesday, Wednesday, Thursday 12:00 PM (Lawrence Community Center)

### Anamosa Summer Lunches

(Free lunch for kids ages 1-18) · 319-462-3553

Anamosa Middle School - 410 Old Dubuque Road, Anamosa, IA

**Hours:** 11:00 AM - 1:00 PM

### Apostolic Assembly Food Pantry

9527 US - 151, Anamosa, IA · 319-462-4170

**Hours:** Call for hours and availability.

### **Belle Plaine Community Center**

1309 5th Ave, Belle Plaine, IA

**Hours:** Last Wednesday of the month 11:00 AM - Noon

### **Bethany Lutheran Food Pantry**

2202 Forest Drive SE, Cedar Rapids, IA · 319-364-6026

**Hours:** Sunday 1:00 - 3:00 PM

### **Bridge Under the Bridge**

319-804-9009

**Hours:** Monday - Friday 3:00 - 6:00 PM & Saturday 12:00 - 4:00 PM

<https://bridgeunderthebridges.org>

### **Central City United Church of Christ**

38 N 5th Street, Central City, IA · 319-329-3271

**Hours:** 1st & 3rd Wednesday 5:30 - 6:30 PM & by appointment

### **Central City Senior Dining and Northeast Linn Food Pantry**

137 4th Street North, Central City, IA · 319-438-6691

**Hours:** Call for hours and availability.

### **Christ Holiness Apostolic Temple**

The King's Kitchen · 319-365-9594

355 19th Street SE, Cedar Rapids, IA

**Hours:** 3rd Wednesday 1:00 - 3:00 PM, last Friday 1:00 - 3:00 PM  
and available by appointment

### **Christ Episcopal Church**

220 40th Street NE, Cedar Rapids, IA · 319-366-7185

**Hours:** Call for hours and availability.

### **Church of God 7th Day**

1691 Airport Road, Marion, IA · 319-377-8505

**Hours:** Thursdays 12:00 - 3:00 PM

### **Church of Marion Food Pantry**

864 12th Street, Marion, IA · 319-377-7309

**Hours:** Tuesday & Thursday 1:00 – 3:00 PM

### **Crossroads Mission**

1006 2nd Street SW, Cedar Rapids, IA · 319-365-0707

**Hours:** Tuesday – Friday 10:00 AM – 4:00 PM

### **Eastview Christian Church Food Pantry**

727 Collins Road NE, Cedar Rapids, IA · 319-393-9570

**Hours:** 1st & 3rd Friday 10:00 – 11:30 AM

### **First Baptist Church**

1260 29th Street, Marion, IA · 319-377-3275

**Hours:** Monday, Tuesday, Thursday, Friday 8:30 – 11:00 AM

### **First Church of the Open Bible**

1911 E Avenue NW, Cedar Rapids, IA · 319-389-4681

**Hours:** Call Monday 9:00 – 11:00 AM for appointment pick-up on Thursday

### **First Lutheran Church Saturday Evening Meal**

1000 3rd Avenue SE, Cedar Rapids, IA · 319-365-1494

**Hours:** Saturday 3:30 – 4:30 PM

### **First Presbyterian Church**

802 12th Street, Marion, IA · 319-377-7309

**Hours:** Tuesday & Thursday 1:00 – 3:00 PM

### **First Presbyterian Church Sunday Evening Meal**

310 5th Street SE, Cedar Rapids, IA · 319-364-6148

**Hours:** Sunday 4:30 – 5:30 PM

### **Forks & Friends (Community Meals)**

Anamosa United Methodist Church Basement (During School Year) –  
201 S Ford Street, Anamosa, IA · 319-462-3951

Wapsi-Ana Park Shelter (Summertime) – S Linn Street, Anamosa, IA

**Hours:** Every 4th Thursday

### **Foundation 2 Crisis Center**

1540 2nd Avenue SE, Cedar Rapids, IA · 319-362-2174

Appointment, intake, information is required prior to utilizing

**Hours:** Monday & Thursday 5:30 – 8:30 PM, Tuesday, Wednesday, Friday 6:00 – 7:45 PM, Saturday & Sunday 1:00 – 4:00 PM

### **Freedom Foundation**

609 Center Point Road NE, Cedar Rapids, IA · 319-826-2010

**Hours:** Monday & Wednesday 11:00 AM – 1:00 PM, Thursday 10:00 – 11:15 AM, Saturday 10:00 AM – Noon. Your honorable discharge DD214 must be shown on your first visit.

### **Green Square**

601 2nd Avenue SE, Cedar Rapids, IA · 319-366-2651

**Hours:** Monday, Tuesday, Wednesday, Friday 9:00 AM – 1:00 PM

### **Gospel Tabernacle Church**

2531 42nd Street NE, Cedar Rapids, IA · 319-393-0118

**Hours:** Visit website: [www.gtcworship.org](http://www.gtcworship.org)

### **HACAP Food Reservoir**

1515 Hawkeye Drive, Hiawatha, IA · 319-393-7811

**Hours:** Monday – Friday 8:00 AM – 4:00 PM

### **HACAP Mobile Food Pantry**

319-393-7811 ext. 1089

Locations vary. Visit [www.hacap.org/mfp](http://www.hacap.org/mfp) for a list of food pantry times and locations.

### **Harambee House**

404 17th Street SE, Cedar Rapids, IA · 319-366-1408

**Hours:** Tuesday afternoon free bread and sweets until they are gone.

### **Harvest House Ministry Center**

1215 C Avenue, Vinton, IA · 319-472-4440

**Hours:** Call for hours and availability.

### **Holiness Apostolic Temple – The King’s Kitchen**

355 19th Street SE, Cedar Rapids, IA · 319-365-9594

**Hours:** 1st Friday 1:00 – 3:00 PM, 3rd Wednesday 1:00 – 3:00 PM

### **Jones County Food Bank – HACAP**

105 Broadway Place, Anamosa, IA · 319-462-4343

**Hours:** Monday – Friday 8:30 AM – 4:30 PM

### **Jones County WIC**

Monticello Berndes Center – 766 N Maple Street, Monticello, IA

Jones County Public Health – 500 W. Main Street, Anamosa, IA

319-550-6311

**Hours:** 1st Tuesday of the month (Monticello) &  
2nd, 3rd, 4th Tuesday (Jones County)

### **Kingdom Encounter Church Food Pantry**

701 25th Street NE, Cedar Rapids, IA · 319-200-5040

**Hours:** Saturday 10:00 AM – 1:00 PM

### **Lifeline Ministries**

1101 Oakland Rd NE, Cedar Rapids, IA · 319-366-1787

**Hours:** By appointment Wednesday 7:00 – 8:00 PM

### **Linn County Food Bank – First Presbyterian Church**

310 5th Street SE, Cedar Rapids, IA · 319-364-3543

**Hours:** Monday – Friday 1:00 – 3:00 PM

### **Loaves and Fishes Food Pantry**

1251 3rd Avenue SE, Cedar Rapids, IA · 319-363-2029

**Hours:** Tuesday 3:00 – 5:00 PM

### **Marion Methodist Church – Feeding Lunches to Youth Program (FLY)**

1298 Seventh Avenue, Marion, IA · 319-377-4856

**Hours:** Monday – Friday when school is not in session (June – August)  
& Spring Breaks 12:00 – 12:30 PM

### **Metro Catholic Outreach as Sister Mary Lawrence Community Center**

420 6th Street SE, Cedar Rapids, IA · 319-739-5490

**Hours:** Accepting appointments on Tuesdays at 9:00 AM until appointment times are full.

### **Mission of Hope**

1700 B Avenue NE, Cedar Rapids, IA · 319-362-5559

**Hours:** Call for hours and availability

### **Monticello Food Pantry**

211 W. 1st Street, Monticello, IA

**Hours:** Monday 5:00 – 7:00 PM, Wednesday 10:00 AM – 12:00 PM, Friday 2:00 – 4:00 PM

### **Monticello Summer Lunches**

(Free summer lunches for ages 1-18)

Contact Pat Kelly – Food Service Director · 319-465-5963

### **Neighborhood Meal & Enrichment Program**

St. Paul's United Methodist Church

1340 3rd Avenue SE, Cedar Rapids, IA · 319-363-2058

**Hours:** Monday – Friday 12:00 – 1:00 PM (June – August)  
When school is not in regular session noon meal.

### **Northeast Linn Food Pantry**

Falcon Center – 137 North 4th Street, Central City, IA · 319-438-6691

**Hours:** Monday – Friday 8:00 AM – 3:00 PM

### **Olin United Methodist Church – Food Bank & Clothing Closet**

102 W Locust Street, Olin, IA

**Hours:** 1st & 3rd Thursdays monthly 8:00 – 9:00 AM (Free Food Boxes).  
God's Garage Sale – Saturdays 8:30 – 11:00 AM

### **Olivet Neighborhood Mission**

230 10th Street NW, Cedar Rapids, IA · 319-364-7946 Ext. 5

**Hours:** Call for hours and availability.

### **Open Hands Food Pantry – Cedar Hills Community Church**

6455 E Avenue NW, Cedar Rapids, IA

**Hours:** Monday 5:00 – 6:00 PM, Wednesday & Friday 10:00 AM – 1:00 PM

### **Oxford Junction Food Pantry**

102 W Church Street, Oxford Junction, IA

**Hours:** 2nd & 4th Saturday of every month 9:30 – 10:30 AM

### **River of Life Food Pantry**

3801 Blairs Ferry Road NE, Cedar Rapids, IA · 319-393-3709

**Hours:** Wednesday 8:00 – 10:00 AM

### **Sacred Heart Catholic Church**

516 Rowley Street, Walker, IA · 319-448-4241

**Hours:** Call for hours and availability.

### **Salvation Army – Cedar Rapids**

1000 C Avenue NW, Cedar Rapids, IA · 319-364-9131

**Hours:** Call for hours and availability. Mobile Feeding Program is also available.

### **SANSI – Springville Area Neighborhood Services Information**

265 Broadway Street, Springville, IA · 319-854-6100

**Hours:** Call for hours and availability.

### **Seeds for Seniors**

701 25th Street NE, Cedar Rapids, IA · 319-731-1333

**Hours:** Call for hours and availability.

### **Share Emergency Food Pantry – Shellsburg**

108 Street SE, Shellsburg, IA (Upper unit of Shellsburg City Hall)

**Hours:** 2nd Saturday of month 10:00 – 11:30 AM &  
4th Thursday of month 4:00 – 5:30 PM

### **South Benton County Food Pantry**

1212 8th Ave, Belle Plaine, IA (Across from City Hall)

**Hours:** Tuesdays & Fridays 1:30 – 4:00 PM



### **Southeast Linn Community Center**

108 South Washington, Lisbon, IA · 319-455-2844

**Hours:** Monday – Friday 9:00 AM – 4:00 PM or by appointment

### **St. Vincent de Paul**

928 7th Street SE, Cedar Rapids, IA · 319-365-5091

**Hours:** Tuesday – Saturday 9:00 AM – 4:00 PM

### **VA Outreach Center: Veterans**

1533 1st Avenue SE, Cedar Rapids, IA · 319-365-0898

**Hours:** Can only be accessed by veterans, once per month.

### **Vinton Food Pantry**

811 D Ave. Ste 26 Vinton, IA (Located in the Benton County Service Center formally West Elementary School – West Entrance)

Serves Benton County residents living north of the E44 blacktop.

**Hours:** Tuesdays Only 10:00 AM – 3:00 PM and  
4th Tuesday of the month 4:00 – 6:00 PM

### **Wesley United Methodist Church – Mobile Food Pantry**

516 2nd Ave, Vinton, IA

**Hours:** 3rd Saturday of the month 10:00 – 11:00 AM

### **Westdale Community Church**

3211 Edgewood Road SW, Cedar Rapids, IA · 319-929-5939

**Hours:** 2nd & 4th Friday 10:30 AM – 12:30 PM. Limit to once per month.

### **Wyoming Methodist Church – Food Bank & Clothing Closet**

107 N Washington Street, Wyoming, IA

**Hours:** Saturday 9:30 – 10:00 AM (Except Holidays)

### **Additional Food Assistance**

#### **Department of Human Services**

1240 26th Avenue Court SW, Cedar Rapids, IA · 319-892-6700

**Hours:** Monday – Friday 8:00 AM – 4:30 PM

Food assistance programs offered. Stop in or call for additional details.

### **Elayne Fisher Community Cupboard – Unity Center Cedar Rapids**

3791 Blairs Ferry Road NE, Cedar Rapids, IA · 319-393-5422

**Hours:** Tuesday 10:00 AM – 12:30 PM

Some food and hygiene products available.

### **Family and Community Health Alliance – HACAP WIC Program**

1515 Hawkeye Drive, Hiawatha, IA · 319-393-7811

**Hours:** Monday – Friday 8:00 AM – 4:30 PM

### **Groundswell Café – Matthew 25**

201 3rd Avenue SW, Cedar Rapids, IA · 319-200-2791

**Hours:** Tuesday – Saturday 7:00 AM – 2:00 PM

At this cafe, guests can round up their bill or make a donation to help pay for a meal for someone who can't afford it. Those who can't afford to pay full price can order and enjoy a super-fresh, healthy food at a lower cost or no cost.

### **Heritage Area Agency on Aging**

6301 Kirkwood Blvd SW, Cedar Rapids, IA · 319-398-5559

**Hours:** Monday – Friday 8:00 AM – 5:00 PM

Can provide list of senior dining options.

### **Linn County Veterans Affairs**

Community Services Building of Linn County

1240 26th Avenue Court SW, Cedar Rapids, IA · 319-892-5160

**Hours:** Monday – Friday 1:00 – 3:30 PM

Eligible veterans receive a one time per month Save-A-Lot grocery gift card.

### **Meals on Wheels – Horizons A Family Service Alliance**

819 5th Street SE, Cedar Rapids, IA · 319-398-3574

**Hours:** Monday – Friday home delivery of meals for eligible participants.

<https://horizonsfamily.org/mealsonwheels>