

# GRINNELL FOOD RESOURCE GUIDE



## Food Pantries

**MICA Food Pantry** - 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, Thur, Fri 8:00am-4:00pm. First time visitors will fill out basic paperwork; do not need to bring anything with you.

**Montezuma Food Pantry** - 501 N. Front St. Montezuma; Mon 10:00am-12:00pm, Wed 2:00-4:30pm, Thurs 4:30-6:00pm, Fri 12:30-2:00pm. Client choice pantry. Pantry available once a month. Produce and bread available anytime. First time visitors present ID and fill out paperwork.

**Grinnell Middle School** - for students, speak with your teacher.

**Grinnell High School** - for students, speak with Mr. Laidig.

## Meals

**Meals on Wheels** - Meals available for homebound seniors ages 60 and older through Northeast Iowa Area Agency on Aging. Please call 866-468-7887 to sign up.

**Blessed Community Meal** - At the Grinnell United Methodist Church. Meals available on Wednesdays. To reserve a meal, call the church office (641-236-3757) by Tuesday at Noon. Available for anyone.

**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.

## Fresh Produce

**Local Foods Connection** - Weekly food box of seasonal food available May-October. Free to LFC clients. Referrals from MICA, your local physician, or your faith leader. Learn more at [www.localfoodsconnection.com](http://www.localfoodsconnection.com)

**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. Thursdays 3:00-6:00pm, Saturdays 10:00am-Noon. Debit, credit, SNAP cards accepted, and Double Up Food Bucks program available. WIC and Senior Checks accepted.

**Grinnell Giving Gardens** - During the spring-summer season growing season. View locations at [www.imaginegrinnell.org](http://www.imaginegrinnell.org)

**Prairie Produce** - Fresh produce during the summer months, hours 10am-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.

## Food Distribution

**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.

**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.

## Nutrition Assistance

**WIC** - Women, Infant and Children. Nutritional assistance for nursing and pregnant women, and children up to 5 years of age. Contact Public Health for more information 641-236-2385.