

# Grinnell Food Resource Guide

## Food Pantries:

- **MICA:** 609 4th Avenue; Monday-Friday 8:30am-4:30pm. Food from the pantry is available twice a month. Fresh produce and bread is available anytime. 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. 10-12:30pm, Wed. 2- 4:30pm, Thurs. 4:30-6pm, Fri. 12:30-2pm. Free choice food pantry. Pantry available once a month. Produce and bread available anytime. First time visitors present ID and fill out paperwork for pantry.
- **Grinnell Middle School:** for students- speak with your teacher.
- **Grinnell High School:** for students- speak with Mr. Laidig.

## Free Meals:

- **Community Meal:** Davis School, 818 Hamilton Ave. Tuesdays at 5:45pm. All are welcome.
- **Meals-On-Wheels:** hot meal delivered Mon.-Thurs. for home bound seniors 60 years and older or at the Senior Center- 925 East St. Call the Senior Center 641-236-2612 to learn more.
- **Blessed Community Meal:** Grinnell United Methodist Church, 916 5th Ave. Wednesdays at 6:00pm. All are welcome.

## Fresh Produce:

- **Farmer's Market:** May - October in Central Park. Thursday's 3-6pm, Saturday's 10am-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](http://www.grinnellfarmersmarket.com) to learn more.
- **Grinnell Giving Gardens:** During the spring-summer growing season.
- **Fareway:** Double Up Food Bucks program from SNAP to be used on the purchase of fresh produce.
- **Local Foods Connection:** Weekly food box of seasonal food, free to LFC clients. Referrals from MICA, your local physician, Station Clubhouse, or your faith leader. Learn more at [www.localfoodsconnection.com](http://www.localfoodsconnection.com)

## Food Distribution:

- **Food Recovery Network:** Distribution of previously prepared food. Tuesday, Wednesday, Thursday at Noon at the First Presbyterian Church- 1025 5th Ave. and Saturdays at Noon at the Station Clubhouse.
- **Tiger Packs:** A bag of food for the weekend for pre K-8th grade students. Distributed at the school. Sign up at your child's school.

## Nutritional 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.

