



FOOD RESOURCES 2020

Name & Location	Phone Number	Days/Hours	Services Provided
MEAL SITES			
First Lutheran Church Saturday Evening Meal Program 1000 3 rd Avenue SE Cedar Rapids, IA 52403 <i>[Bus Routes: # 3 or # 6]</i>	319-365-1494	Saturday 4:30 PM - 5:30 PM (Evening Meal)	Warm, nutritious meal. Seconds as available. No limitations or qualifications for service. Personal toiletries available on the 4 th Saturday of the month.
First Presbyterian Church Sunday Evening Meal 310 5 th Street SE Cedar Rapids, IA 52401 <i>[Bus Routes within 2 blocks: # 5B, #5N, #5S, #6, # 9]</i>	319-364-6148	Sunday 4:30 PM - 5:30 PM (Evening Meal)	Warm, nutritious meal. Seconds as available. No limitations or qualifications for service. Will try to assist with other needs as well. Winter season coats available on a limited basis. Occasionally sample sizes of personal toiletries available.
Green Square Meals 605 2 nd Avenue SE Cedar Rapids, IA 52401 <i>[Bus Routes within 1 block: #2, #3, #5N, #5B, #5S & #6]</i>	319-365-6652	Monday - Friday 3:30 PM - 5:30 PM Doors open at 3 PM	Warm, nutritious meals. No limitations or qualifications for service.
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559	Monday - Friday 8 AM - 5 PM	Call for listing of senior dining locations and home-delivered meals in Benton, Cedar, Iowa, Johnson, Jones, Linn, & Washington Counties.
Mission of Hope 1700 B Avenue NE Cedar Rapids, IA 52402 <i>[Bus Route within 2 blocks: # 5, #5B, #5N & #5S]</i>	319-365-1782	Lunch available Monday - Friday 12 PM - 1 PM	Services include free lunch and Bible study (M-F, 12-1), food pantry (M-F by appointment only), clothing closet (Thursdays 10 AM-2 PM), weekend meal sacks (Fridays, 10 AM-2 PM). Work Life classes and Faith & Finances classes available - visit www.missionofhopecr.org to learn more.
Neighborhood Meal & Enrichment Program St. Paul's United Methodist Church 1340 3 rd Avenue SE Cedar Rapids, IA 52403 <i>[Bus Route: # 3]</i>	319-363-2058	Monday - Friday, 12 PM - 1 PM (June – August) when school is not in regular session (Noon Meal) Closed on July 4th	Warm, nutritious meal. Seconds as available. No limitations or qualifications for service. Service is especially for children, families and others in need. St. Paul's serves Wellington Heights, Moundview and Oakhill neighborhoods.
Summer Meals Sites	319-398-3943		http://www.horizonsfamily.org/how-we-help/nutrition-and-wellness-programs/nutrition-healthy-living/

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cellphone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching "211 Iowa" on either Apple App store or Google Play. For more information you can visit www.211iowa.org/211app. To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.

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The Salvation Army Meal Program 1000 C Avenue NW Cedar Rapids, IA 52405 <i>[Bus Route within one block: # 8]</i>	319-364-9131	Breakfast: Monday - Friday 8 AM - 9 AM Noon Meal: 12 PM - 1 PM Except for major holidays	Warm, nutritious meal. No limitations or qualifications for service.
OTHER FOOD			
Bridgehaven Pregnancy Support Center 701 Center Point Road NE Cedar Rapids, IA 52402 <i>[Bus Route: # 6]</i>	319-364-8967	Monday & Thursday 10 AM - 7 PM Tuesday, Wednesday & Friday 10 AM - 5 PM	Services provided to pregnant women and parents with children under 18. Referrals to other services. Must enroll in Earn While You Learn Program for men and women. Benefits provided to weekly class attendees. Interview necessary. Ultrasounds. Pregnancy testing. Post-abortion counseling. Adoption/childrearing counseling.
Cedar Hill Community Church Open Hands Food Pantry 6455 E Avenue NW Cedar Rapids, IA 52405 <i>[Bus Route within four blocks: # 8]</i>	319-396-6608	Monday 5 PM - 6 PM Wednesday & Friday 10 AM - 12 PM	Provides pre-packaged food to families in need. Must bring ID or Driver's License. Can access once a calendar month.
Central City United Church of Christ Food Pantry 38 N. 5 th Street Central City, IA 52214	319-329-3271	1st & 3rd Wednesdays 6 PM - 6:30 PM & by appointment	Provides food and toiletries for eligible people.
Christ Holiness Apostolic Temple The King's Kitchen 355 19 th Street SE Cedar Rapids, IA 52403 <i>[Bus Route: # 2 or # 9]</i>	319-365-9594	3rd Wednesday of the month 1 PM - 3 PM Open last Friday of each month 1 PM - 3 PM Also available by appointment	Food available for people in need twice per month.
Church of God 7th Day Food Pantry 1691 Airport Road Marion, IA 52302	319-377-8505	Thursdays 12 PM - 3 PM	Food and clothing given away every Thursday, free of charge. Anyone is eligible. On each visit, the name, address, and number of members in the household are required in order to receive food.
Churches of Marion Pantry 864 12 th Street Marion, IA 52302 <i>[Bus Route within 2 blocks of Marion Square: #5N or 5S]</i>	319-377-7309	Tuesday & Thursday 1 PM - 3 PM Evenings By Appointment	Food provided monthly for those in need.
Department of Human Services 1240 16 th Avenue Court SW Cedar Rapids, IA 52404 <i>[Bus Route: # 12]</i>	319-892-6700	Monday - Friday 8 AM - 4:30 PM	Food assistance program offered. Must meet eligibility guidelines. Walk-ins accepted only if check-in paperwork is completed before 3:00 PM. Bring I.D. or drivers license for identification.

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Elayne Fisher Community Cupboard / Unity Center Cedar Rapids 3791 Blairs Ferry Road NE Cedar Rapids, IA 52402 <i>[Bus Route: # 6]</i>	319-393-5422	Tuesday 10 AM – 12:30 PM	Various food items and hygiene items are available.
Family and Community Health Alliance HACAP P.O. Box 490 1515 Hawkeye Drive Hiawatha, IA 52233	319-393-7811	Monday - Friday 8 AM - 4:30 PM Evenings twice a month	WIC program, for pregnant and postpartum women and children under the age of 5, is accessible through Family and Community Health Alliance. Provides nutritious food, nutrition education and referrals.
First Baptist Church – Marion 29 th Street Mission 1260 29 th Street Marion, IA 52302	319-377-3275	Monday, Tuesday, & Thursday 8:30 AM - 11 AM Closed on Wednesday & Friday	Small food pantry. Small clothes closet. Once a week emergency supply of food and clothing for those in need. Must provide Driver's License or Photo ID.
First Church of the Open Bible 1911 E Avenue NW Cedar Rapids, IA 52405 <i>[Bus Route: # 1]</i>	319-389-4681	Orders taken on Mondays 9 AM - 11 AM Must call & make appointment for pick-up on Thursday	Food available for people in need. Must call to make an appointment.
First Presbyterian Church – Marion 802 12 th Street Marion, IA 52302	319-377-7309	Tuesday & Thursday 1 PM -3 PM Evenings By Appointment	Food provided for those in need.
Gospel Tabernacle Church 2531 42 nd Street NE Cedar Rapids, IA 52402	319-393-0118	Sundays at 12:30PM (until further notice)	Provides food pantry to anyone in need. Must present photo ID.
Green Square Food Pantry 605 2 nd Avenue SE Cedar Rapids, IA 52401 <i>[Bus Routes within one block: #2, #3, #5N, #5B, #5S and #6]</i>	319-365-6652	Monday – Friday 9 AM – 12 PM	Need photo I.D. and proof of household size.
Groundswell Café Matthew 25 201 3rd Avenue SW Cedar Rapids, IA 52404 <i>[Bus Route: # 1]</i>	319-200-2791	Monday – Friday 7 AM - 2 PM	Our simple healthy menu features delicious soups, salads, sandwiches, and omelets with as much of the food as possible supplied by what we grow less than a mile away on our Cultivate Hope Urban Farm and in our on-site hydroponic garden. The rest of the food is sourced from local and organic suppliers. In addition to healthy local food, we also serve a selection of fair trade coffee and teas. 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. <u>Those who can't afford to pay full price can order and enjoy our super-fresh, healthy food at a lower cost or no cost.</u>
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	319-398-5559	Monday - Friday 8 AM - 5 PM Home-delivered noon meal for seniors	Call for home delivered meal assistance in Benton, Cedar, Iowa, Johnson, Jones, Linn & Washington Counties. In Linn County, contact Horizons, a Family Service Alliance.

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Horizons – A Family Service Alliance Meals on Wheels Program 819 5 th Street SE Cedar Rapids, IA 52401 <i>[Bus Route within one block: #3, # 4, and # 5]</i>	319-398-3574	Serving hot meals (home delivery) Monday - Friday	A hot noon meal is delivered to clients who are 60 years of age and older, homebound and unable to prepare a meal by themselves. Other meal options (i.e.: breakfast bag, liquid resources, etc.) are available to those enrolled in the program. Nutrition program available in Linn County; noon meals are served. Voluntary donations accepted. Please call for more information.
Lifeline Ministries 1101 Oakland Rd NE Cedar Rapids, IA 52402	319-366-1787	By appointment Wednesdays 7 PM – 8 PM	Provides food pantry. Can be used three times per year. Must bring photo ID.
Linn Community Food Bank Pantry First Presbyterian Church 310 5 th Street SE Cedar Rapids, IA 52401 (Alley entrance, lower level) <i>[Bus Route within one block: #2, #5B, #5N, #5S and #6]</i>	319-364-3543	Food distribution - clients: Monday - Friday 1:00 PM - 3:15 PM	The Linn Community Food Bank provides a 3 day emergency supply of food to families in need on a first come/first served basis. You must register at the food bank. To do so, a picture ID is required for the Head of Household. Also, proof of Social Security number (SSN) is required for yourself and every member of your household before you can place your first order. Once you are registered, you only need a valid photo ID to place an order. You can add (with proof of SSN) or remove family members from your household throughout the year. Clients eligible to use food bank 12 times per year. www.linncommunityfoodbank.org
Linn County Veteran Affairs Community Service Building of Linn County 1240 26 th Avenue Court SW Cedar Rapids, IA 52404 <i>[Bus Route: # 12]</i>	319-892-5160	Monday - Friday 1 PM – 3:30 PM	Income eligible Veterans seeking relief help 1 x per month can request Save A lot grocery gift card. Must provide DD214 discharge from military that shows 90 days active duty beyond ADT/schooling and Honorable Discharge
Loaves and Fishes 1251 3 rd Avenue SE Cedar Rapids, IA 52403 <i>[Bus Route within one block: # 6]</i>	319-366-7185	Tuesdays 3 PM - 5 PM	Can access pantry weekly. Breads/pastries as available. No qualifications, just a need for food. At your first visit, we ask for address and number in household, whether receive food stamps or on free lunch program. Every week ask for number of people in the home with age breakdown.
Marion Methodist Church Feeding Lunches to Youth (FLY) Program 1298 Seventh Avenue Marion, IA 52302	319-377-4856	Monday - Friday at noon when school is not in session during the summer months (June-August) & spring breaks	Serves free sack lunches to students; one sack per person. Lunches are served from noon until they are all gone or when there is no else to be served. Service is available in Marion and Cedar Rapids. Please call for service locations.
Metro Catholic Outreach 420 6th Street SE, Suite 120 Cedar Rapids, IA 52401	319-739-5490	Monday - Thursday 9 AM - 3 PM Food distribution: Wednesday 1 PM - 3 PM Thursday 10 AM - 12 PM & 5 PM - 5:30 PM	Offers a food pantry for those in need. The food pantry can be accessed once a month, every 4 weeks. Call to sign up for pantry time, during business hours. Call 24 hours in advance to reserve food basket.
Mission of Hope 1700 B Avenue NE Cedar Rapids, IA 52402	319-365-1762	Monday - Friday 12 PM - 1 PM	One bag of food given out per address, must wait at least two weeks in between visits. Free meals served Monday through Friday from 12:00 PM to 1:00 PM. Must show ID and complete intake form. Call to make appointment with Karen. Food bank 6 times per year

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Northeast Linn Food Pantry Falcon Center 137 North 4 th Street Central City, IA 52214	319-438-6691	Monday - Friday 8 AM - 3 PM	Five day supply of packaged frozen and non-perishable food, depending upon family size and food available. Limited to residents in the North Linn, Central City, Center Point, Springville, Linn-Mar & Alburnett School Districts, with a need for food. Frozen foods available.
Olivet Neighborhood Mission 230 10 th Street NW Cedar Rapids, IA 52405 <i>[Bus Routes : # 1 or # 8]</i>	319-364-7946	Tuesday - Friday 8:30 AM - 11:30 AM Saturday 9 AM - 11:30 AM	Food box once every 15 days. Kitchen pantry is available to anyone every day that Olivet is open. Identification required. No appointment necessary. Must meet income guidelines.
River of Life 3801 Blairs Ferry Rd NE Cedar Rapids, IA 52402 <i>[Bus Route: # 6]</i>	319-393-3709	Second Wednesday of the month 8 AM - 10 AM & 6:30 PM – 8 PM Or until quota is met	Can be accessed once a month. Picture identification required. Two grocery bags.
Sacred Heart Catholic Church – Walker 516 Rowley Street Walker, IA 52352	319-448-4241	Food pantry service by appointment only	Food pantry for those in need. Can be visited once a month.
St. Vincent de Paul 928 7 th Street SE Cedar Rapids, IA 52401 <i>[Bus Route # 2]</i>	319-365-5091	Tuesday - Saturday 9 AM - 4 PM	Food depends on quantity available. Must complete application with name, address, age, income and provide identification. May access only once every 3 months. Must provide Photo ID, children’s Social Security cards or insurance cards.
Share Iowa Cedar Rapids & Marion, Iowa	800-344-1107 or 641-673-4000	Call: Monday - Friday 8 AM - 4:30 PM	Distributes food once per month. Call for information on sign up dates and local sites. Fees charged. Required volunteer hours.
Southeast Linn Community Center 108 South Washington Lisbon, IA 52253	319-455-2844	Monday - Friday 9 AM - 4 PM or by appointment	Participants receive supplemental supply of groceries on a weekly basis. The amount of food is dependent on house size. Delivery is available to anyone who is homebound or lacks transportation (not just seniors). Emergency food assistance is also available. Must be a resident of the Lisbon or Mount Vernon School District.
Springville Area Neighborhood Services Information (SANSI) 259 Broadway Street Springville, IA 52336	319-854-6100	Monday - Thursday 8 AM - 1 PM	Seven day supply of non-perishable foods. Can be accessed once per month. Limited to residents in the Springville Community School District, with a need for food. Please call ahead.
The Freedom Foundation 609 Center Point Rd NE Cedar Rapids, IA 52402	319-826-2010	Tuesday & Thursday 9 AM - 12 PM, Wednesday 1 PM - 4 PM Saturday 10 AM - 12 PM	Food pantry for Veterans. Must present Veterans Administration ID or DD214 papers. Can access twice a month.
The Salvation Army Food Pantry 1000 C Avenue NW Cedar Rapids, IA 52405 <i>[Bus Route within one block: # 8]</i>	319-364-9131	By appointment: Monday - Friday 8:30 AM - 4 PM Office closed Noon - 1 PM	Must show income identification and Social Security cards for self and all persons in household.

