

Food Pantries and Meals List from ECCF's Helping Hands Ministry

Monday

<u>Cultivate Hope Corner Store:</u> 604 Ellis Blvd NW, 319-200-3150	8am-8pm Free Vegetable Cooler
<u>Salvation Army:</u> 1000 C Ave NW, CR 364-9131	8am-9am & 12pm-1pm Meal
	8:30am-4:30pm Pantry-Call
<u>Metro Catholic Outreach:</u> 420 6 th St SE, CR 739-5490	9am-3pm Pantry-Call
<u>Mission of Hope:</u> 1700 B Ave NE, CR 365-0707	11:30-1pm Meal
<u>Linn Community Food Bank:</u> 1 st Presb. 310 5 th St SE, CR 364-3543	1pm-3pm Pantry
<u>Green Square Meals:</u> 605 2 nd Ave SE, CR 365-6652	4pm-6pm Meal
<u>Open Hands:</u> 6455 E Ave NW, CR 396-6608	5pm-6pm Pantry
<u>Oakland Church:</u> 3000 42nd St NE, CR 319-393-7399	6pm-8pm Pantry

Tuesday

<u>Groundswell Café:</u> 201 3 rd Ave SW, CR 200-2791	7am-2pm Meals at low or no cost
<u>Cultivate Hope Corner Store:</u> 604 Ellis Blvd NW, 319-200-3150	8am-8pm Free Vegetable Cooler
<u>Salvation Army:</u> 1000 C Ave NW, CR 364-9131	8am-9am & 12pm-1pm Meal
	8:30am-4:30pm Pantry-Call
<u>First Baptist Church:</u> 1260 29 th St, Marion 377-3275	9-11am Pantry
<u>St. Vincent de Paul:</u> 928 7 th St SE, CR 365-5091	9am-1pm Pantry-Call
<u>Metro Catholic Outreach:</u> 420 6 th St SE, CR 739-5490	9am-3pm Pantry-Call
<u>Elayne Fisher Community Cupboard:</u> 3791 Blairs Ferry Rd NE, CR	10am-12:30pm Pantry
<u>Mission of Hope:</u> 1700 B Ave NE, CR 365-0707	11:30-1pm Meal
<u>Gloria Dei Lutheran Church:</u> 153 Cherry Hill Rd, CR 319-396-2641	Noon - 7PM 1 st & 3 rd Tues Pantry
<u>Churches of Marion Pantry:</u> 864 12 th St, Marion 377-7309	1pm-3pm Pantry
<u>Loaves and Fishes:</u> Now@WestminsterPresbyterian 1285 3 rd Ave SE	2:30pm-5pm Pantry
<u>St Stephen's Shelves:</u> 610 31st ST SE 364-2637	4:30 - 6:30 pm Pantry
<u>Green Square Meals:</u> 605 2 nd Ave SE, CR 365-6652	4pm-6pm Meal
<u>Together We Achieve:</u> 1150 27 th Ave SW, CR 432-9754	4:30pm-6:30pm MealsToGo&Pantry

Wednesday

<u>Groundswell Café:</u> 201 3 rd Ave SW, CR 200-2791	7am-2pm Meals at low or no cost
<u>Salvation Army:</u> 1000 C Ave NW, CR 364-9131	8am-9am & 12pm-1pm Meal
<u>Cultivate Hope Corner Store:</u> 604 Ellis Blvd NW, 319-200-3150	8am-8pm Free Vegetable Cooler

Wednesday (cont.)

River of Life: 3801 Blairs Ferry Rd NE, 319-393-3709

First Baptist Church: 1260 29th St, Marion 377-3275

St. Vincent de Paul: 928 7th St SE, CR 365-5091

Metro Catholic Outreach: 420 6th St SE, CR 739-5490

Open Hands: 6455 E Ave NW, CR 396-6608

Mission of Hope: 1700 B Ave NE, CR 365-0707

King's Kitchen: 355 19th St SE, 319-365-9594

Linn Community Food Bank: 1st Presb. 310 5th St SE, CR 364-3543

Four Oaks Harambee House: 404 17th St SE, 319-366-1408

Green Square Meals: 605 2nd Ave SE, CR 365-6652

Together We Achieve: 1150 27th Ave SW, CR 432-9754

Oakland Church: 3000 42nd St NE, CR 319-393-7399

Thursday

Groundswell Café: 201 3rd Ave SW, CR 200-2791

Cultivate Hope Corner Store: 604 Ellis Blvd NW, 319-200-3150

Salvation Army: 1000 C Ave NW, CR 364-9131

First Baptist Church: 1260 29th St, Marion 377-3275

Metro Catholic Outreach: 420 6th St SE, CR 739-5490

St. Vincent de Paul: 928 7th St SE, CR 365-5091

Hillside Wesleyan: 2600 1st Ave W 319-365-5088

St. Mark's UMC: 4700 Johnson Ave NW, 319-396-6361

Mission of Hope: 1700 B Ave NE, CR 365-0707

Churches of Marion Pantry: 864 12th St, Marion 377-7309

Green Square Meals: 605 2nd Ave SE, CR 365-6652

Friday

Groundswell Café: 201 3rd Ave SW, CR 200-2791

Cultivate Hope Corner Store: 604 Ellis Blvd NW, 319-200-3150

Salvation Army: 1000 C Ave NW, CR 364-9131

St. Vincent de Paul: 928 7th St SE, CR 365-5091

8AM - 10AM Pantry

8:30am-11am Pantry

9am-1pm Pantry-Call

9am-3pm Pantry-Call

10am-12pm Pantry

11:30-1pm Meal

3rd Wed. 1 - 3 pm

1pm-3pm Pantry

2pm - 5pm Pantry as available

4pm-6pm Meal

4:30pm-6:30pm

6pm-8pm Pantry

7am-2pm Meals at low or no cost

8am-8pm Free Vegetable Cooler

8am-9am & 12pm-1pm Meal

8:30am-4:30pm Pantry-Call

9-11am Pantry

9am-3pm Pantry-Call

9am-1pm Pantry-Call

2nd&4th Thur, 10am - noon Pantry

11am-2pm Pantry **every other Thur**

11:30-1pm Meal

1pm-3pm Pantry

4pm-6pm Meal

7am-2pm Meals at low or no cost

8am-8pm Free Vegetable Cooler

8am-9am & 12pm-1pm Meal

8:30am-4:30pm Pantry-Call

9am-1pm Pantry-Call

Friday (cont.)

Eastview Christian Church: 727 Collins NE, CR 393-9570

Open Hands: 6455 E Ave NW, CR 396-6608

Mission of Hope: 1700 B Ave NE, CR 365-0707

Linn Community Food Bank: 1st Presb. 310 5th St SE, CR 364-3543

Green Square Meals: 605 2nd Ave SE, CR 365-6652

Together We Achieve: 1150 27th Ave SW, CR 432-9754

Oakland Church: 3000 42nd St NE, CR 319-393-7399

1st & 3rd Friday 10-11:30am Pantry

10am-12pm Pantry

11:30-1pm Meal

1pm-3pm Pantry

4pm-6pm Meal

4:30pm-6:30pm

5:30pm-7:30pm, 1st&Last Fri Pantry

Saturday

Groundswell Café: 201 3rd Ave SW, CR 200-2791

Cultivate Hope Corner Store: 604 Ellis Blvd NW, 319-200-3150

1st Church of Open Bible: 1911 E Ave NW, CR 363-3117

Apostolic Assembly: 9527 US 151, Anamosa 319-821-0565

Westdale Community Church: 3211 Edgewood Rd SW 396-7046

Bethel AME Church: 512 6th St SE, 319-363-1251

Together We Achieve: 1150 27th Ave SW, CR 432-9754

King's Kitchen: 355 19th St SE, 319-365-9594

Mt. Zion Church: 6621 C Ave NE 319-364-6592

First Lutheran Church: 1000 3rd Ave SE, CR 365-1494

7am-2pm Meals at low or no cost

8am-8pm Free Vegetable Cooler

Pantry-Call for only 4th Sat. pickup

10-11:30AM Pantry 2nd&4th Sat.

10:30 - 12:30 Pantry 2nd Sat.

11am-1pm Pantry

Noon-2pm Meals To Go & Pantry

Noon-3pm, 1st, 3rd, & 4th Sat.

1 - 3 pm

4- 5:30pm Meal To Go

Sunday

Wellington Heights Food Pantry 361 17th St SE, 319-362-1926

Bethany Lutheran Food Pantry: 2202 Forest Dr SE, CR 364-6026

1st Presbyterian: 310 5th St SE, CR 364-6148

12:30 - 2:30 2nd & 4th Sun.

1 pm-3pm Pantry

4:30pm-5:30pm Meal

Northwest Neighborhood Resource Center, formerly Olivet Neighborhood Mission

230 10th St. NW, Phone: (319) 221-1484 Ext. 2622

Food Market Hours: Appointments can be scheduled Monday-Thursday, 9:00 AM - 1:00 PM.

To make an appt. online: https://hacap.formstack.com/forms/nwnrc_intake

Help Applying for SNAP: 855-944-3663.

Look for Little Free Food Boxes in our community

VETERANS ONLY:

VA Outreach: 3117 1st Ave SE, CR 365-0898

8am-4pm M-F Pantry

Freedom Foundation: 4001 Center Point Rd NE, 319-826-2010 Meal: Thur 1145 - 12:15, Auto Gas, Food: MW 11-1, Thur 10-11:15, & Sat 10-12

VA Community Resource & Referral Center: 3117 1st Ave SE, 319-365-0898, Pantry: 8 -4 M-F

Linn County Veteran Affairs: 1240 26th Ave Ct SW, 319-892-5160, Pantry and Income Eligible Only
Can request a Save A Lot Grocery Card up to 3X/Yr

Other Focused Groups:

See HACAP website until our updates are finished

Neighborhoods

Hames Homes mobile home parks have pantry in the leasing office of Summit View

Schools check for backpack programs

Johnson STEAM 355 18th St SE, Meals Mon-Fri Jul18 - Aug 16: 8-9 AM & 11 AM -12:30 PM

Pregnancy Support info will be added as available

Youth info will be added as available

Showers are available at Hector's Place, 800 1st Ave NW Mon, Wed, Fri, 8 - 1, and also at St. Paul's United Methodist Church, 1340 3rd Ave SE, Thur 5:30 - 7:30 PM, 3rd Ave Circle Drive Entry

Laundry Love by Grace Episcopal, 1400 6th St SW, 3 free loads per person, 2nd Thur. 6-9PM