



# FOOD WHEN YOU NEED IT

## POLK COUNTY FOOD RESOURCES

### FIND LOCAL ORGANIZATIONS OFFERING SUPPORT



**211** is free and available to help connect you with local resources.

- Dial 2-1-1 to chat live with local operators who can help 24/7/365
- Text your zip code to 89821 to chat live with a 211 Operator 24/7
- Download the 211 Iowa app for iOS or Android

**Food Bank of Iowa:** (515) 564-0330 or [www.foodbankiowa.org/gethelp](http://www.foodbankiowa.org/gethelp)

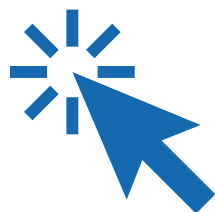
**Des Moines Area Religious Council (DMARC) Food Pantries:**  
(515) 277-6969 or [dmarcunited.org/food/pantry-locations](http://dmarcunited.org/food/pantry-locations)

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### APPLY FOR ASSISTANCE

**SNAP** provides monthly funds for the purchase of groceries. To learn more or apply: Call 1-855-944-FOOD (3663) or email [FoodAssistanceOutreach@iowafba.org](mailto:FoodAssistanceOutreach@iowafba.org)

**WIC (Women, Infants and Children)** provides resources for low-income pregnant, breastfeeding and postpartum women, as well as infants and children up to age five. To learn more or apply: Call (515) 282-5800 or visit: [www.idph.iowa.gov/wic](http://www.idph.iowa.gov/wic)



**Double Up Food Bucks** gets you FREE fresh fruits and veggies with your EBT or P-EBT Card! Available at over 100 Iowa locations including Farmer's Markets and all Hy-Vee and Fareway Stores. More information: [www.doubleupiowa.org](http://www.doubleupiowa.org)

**USDA School Nutrition** provides meals to students. Call the hotline, operated by Hunger Free America, at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) (for Spanish).

**Buy. Eat. Live Healthy.** is a free nutrition and cooking program offered by Iowa State University Extension and Outreach. Visit: [www.extension.iastate.edu/humansciences/nutrition-education](http://www.extension.iastate.edu/humansciences/nutrition-education)



## FOOD DELIVERY

**Project Zume** provides emergency food support, call (515) 957-2900.

**The Area Agencies on Aging** offers home-delivered meals for vulnerable adults age 60+ and adults with disabilities, call 866-468-7887.

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## FOOD PANTRIES

There are many Food Pantries/Mobile Food Pantries and Soup Kitchen/Meal Sites throughout Polk County. Some may require an ID and limit the number of visits an individual may make. It's best to call ahead to confirm hours before you visit.



### Near Broadlawns Main Campus:

#### **Polk County River Place Food Pantry**

2309 Euclid Avenue  
Des Moines, IA 50310  
Phone: (515) 286-3695

#### **Northside Food Pantry**

3010 6th Avenue  
Des Moines, IA 50313  
Phone: (515) 286-2220

### Near Broadlawns East University Clinic:

#### **Salvation Army Citadel (East)**

1216 East 25th Court  
Des Moines, IA 50317  
Phone: (515) 266-3156

#### **Catholic Charities Outreach Center**

1815 Hubbell Avenue  
Des Moines, IA 50316  
Phone: (515) 262-7290

### Near Broadlawns Cityville Clinic:

#### **Bidwell Riverside Center**

1203 S.E. Hartford Avenue  
Des Moines, IA 50315  
Phone: (515) 244-6251, ext. #213

### **Other Food Pantries:**

To find other food pantries or meal sites near you call 2-1-1 to chat live with local operators who can help 24/7/365.



**2-1-1**

