

# FOOD PANTRIES & RESOURCES FOR:

HARRISON COUNTY, IOWA  
MONONA COUNTY, IOWA  
SHELBY COUNTY, IOWA



# HARRISON COUNTY FOOD PANTRIES & RESOURCES



*Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Harrison County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.*

## **Connections Area Agency on Aging**

Dunlap Senior Center  
(congregate and home delivered)  
M-F 712-643-2244

Missouri Valley Senior Center  
(Home delivered only)  
M-F 800-432-9209

Woodbine Senior Center  
(congregate and home delivered)  
M-F 712-647-3011

Meals are available for seniors (60+) and their spouse. Meals are not prepared on weekends or holidays. Guests under age 60 may enjoy a meal with seniors at \$12.50 per meal. Reservations must be made before 10:00 am the business day prior. Meals are a suggested contribution of \$5.00.

## **Connections Area Agency on Aging**

Home delivered  
1-800-432-9209

Delivered on non-holiday week days  
Meals are available for seniors (60+) and their spouse. Meals are not prepared or delivered on weekends or holidays. Guests under age 60 may enjoy a meal with seniors at a hard charge of \$12.50 per meal. Reservations must be made before 10:00 am the business day prior. Meals are a suggested contribution of \$5.00 for congregate and \$5.25 for home delivered meals

## **Dunlap Community Food Pantry**

111 Iowa Ave., Dunlap  
712-592-0228  
Tuesday 3-6 pm  
Saturday 9am- noon

Must live in the Boyer Valley School district  
Can visit once every 30 days

## **Farmers Market @ The Welcome Center**

2931 Monroe Ave., Missouri Valley  
712-642-2114  
Thursdays spring-fall from 3:30-6:30pm

## **Harrison County Food Pantry**

2101 Liberty Ave., Missouri Valley  
712-642-2598  
Tuesday and Friday 9-12  
Anyone in Harrison county

## **Harrison County Home and Public Health (Non-Food) Pantry**

122 W 8th St., Logan  
712-644-2220  
Monday-Friday from 8 am - 4:30 pm  
Diaper bank + other resources related to health and parenting.

## **Logan Senior Center**

Community Center (108 W 4th St., Logan)  
Provides meals on Mon. and Thur.

Call Karen Androy 644-2425 a day in advance  
Meals for 65+ are \$5 and under 65 are \$8  
No delivery

## **Matthews House Food Pantry**

301 Vine St., Mondamin  
Wednesdays 5-6 pm Sundays 12-2pm  
On Facebook  
@MondaminUnitedMethodistChurch  
Anyone can attend 2x month

## **Missouri Valley UMC Community Meal**

308 E Superior St., Missouri Valley  
712-642-3168  
4th Wed. of the month, 5 - 6:30 pm  
Anyone is welcome for a community meal.

# HARRISON COUNTY FOOD PANTRIES & RESOURCES

## **St. Paul Lutheran Church (Mobile Pantry)**

201 N. 2nd St., Missouri Valley  
712-642-2820

First Wednesday from 4:30-6 pm

Pantry is a mobile pantry put on by  
Story Street Pantry (CB) in the church  
parking lot.

## **St. Paul Lutheran Church**

Community Meal

201 N. 2nd St., Missouri Valley  
712-642-2820

3rd Wednesday from 5-6:30 pm

Anyone is welcome for a free hot  
community meal.

## **Sunrise Friendship (Non-Food) Pantry**

2225 Lincoln Hwy., Missouri Valley  
712-642-3708

3rd Saturday from 10 am - 12 pm

Distributes hygiene and cleaning  
supplies such as toothpaste,  
toothbrushes, laundry soap, toilet  
paper, soap, shampoo, and dish soap

## **West Central Community Action**

107 N 4th, Logan  
712-644-3388

M- F 9 am - 1 pm

Must be a client of WCCA and make  
an appointment.

## **WIC**

108 W 4th St., Logan  
(North side of Community Center)

712-355-3645

712-328-5886

Pregnant, postpartum, breastfeeding  
Anyone who cares for a child under  
5 years. May be in need of income  
assistance. Can be receiving other  
benefits such as foster care, medical  
assistance, or SNAP



WIC Eligibility  
Application Form

## **Woodbine Community Food Bank Outreach Center**

76 5th St., Woodbine

712-647-3434

Tuesday & Thursday 4- 6 pm

Harrison County residents age 18+;  
ID not required.

*HMS Hub is committed to supporting the well-being of individuals and families in Harrison, Monona and Shelby Counties in Iowa. Through connecting resources and fostering collaboration, we aim to help bridge gaps in services, including food assistance. Our mission is to strengthen communities and ensure that every individual has access to the support they need to thrive. Together, we can build a stronger, more resilient community.*

hmshub.org • 712-482-1280 • hmshub@thrivingfamiliesalliance.org



# MONONA COUNTY FOOD PANTRIES & RESOURCES



*Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Monona County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.*

## **Connections Area Agency on Aging**

Home delivered & Congregate meals  
800-432-9209

Delivered on non-holiday week days

Meals are available for seniors (60+) and their spouse.  
Meals are not prepared or delivered on weekends or holidays.

Ute Senior Center 712-885-2228

M-F 11:30 am

Mapleton Community Center 712-881-1032

M, W, F 11:30 am

Guests under age 60 may enjoy a meal with seniors at a hard charge of \$12.50 per meal.

Reservations must be made before 10:00 am the business day prior.

Meals are a suggested contribution of \$5.00 for congregate and \$5.25 for home delivered meals

## **Food 4 You Mobile Pantry- Evangelical Free Church**

2160 Iowa Ave., Onawa

712-208-0511

4th Thursday 1-3 pm

Saturday 9am- noon

Blencoe, Moorehead, Onawa, Soldier,  
Turin and Whiting

## **Mapleton Food Bank**

313 Main St., Mapleton

712-881-1128 (Connie)

Tuesdays 9-11:30/12:30-3

Thursdays 9-11:30/12:30-2

Must be in the MVAO school district.

## **Senior Center**

320 10th, Onawa

712-433-2201

Thursdays at noon

Small fee, but they get lots of food  
and many take food home for  
multiple meals.

## **West Central Community Action**

801 10th St, Ste B, Onawa

712-423-2603 (Amy)

Tue & Thur 2 pm - 4 pm

Must be a client of WCCA and make an  
appointment. Monona County residents  
only.

## **WIC - Faith Lutheran Church**

316 15th St., Onawa

712-355-3496

1st & 3rd Tuesday 9 am - 3:30 pm

Pregnant, postpartum, breastfeeding

Anyone who cares for a child under 5 years

May be in need of income assistance

Can be receiving other benefits such as  
foster care, medical assistance, or SNAP



WIC Eligibility  
Application Form

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# SHELBY COUNTY FOOD PANTRIES & RESOURCES



*Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Shelby County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.*

## **Community Refrigerator – Immanuel Lutheran Church**

1700 19th St, Harlan

Cold meals are provided as available

## **Connections Area Agency on Aging**

Home delivered 800-432-9209

Delivered on non-holiday week days

Meals are available for seniors (60+) and their spouse.

Meals are not prepared or delivered on weekends or holidays.

## **Elk Horn Lutheran Church Food Pantry**

4313 Main St., Elk Horn

712-249-6135

Tuesdays 4:30-6:30pm

## **Harlan Library – Free Little Food Pantry**

718 Court Street., Harlan

## **Immanuel Lutheran Church**

1700 19th St., Harlan

712-755-5207

Community Refrigerator – meals provided as available

## **Lions Club**

### **Quarterly Drive-Through Food Pantry**

Go to 'Harlan Lions Club' Facebook page for more information

## **Shelby Community Food Pantry**

419 East St., Shelby

712-544-2404

Friday 8am-3pm

## **West Central Community Action**

1017 7th St., Harlan

712-755-5602

M-Th 9 am – 1 pm, Fri 9 am – 12 pm

By appointment.

Must have an updated Basic Intake Form (BIF) on file with WCCA

Please Note: Hours are subject to change due to staff availability

## **WIC**

1048 A Hwy 44, Harlan

712-355-3645 or 712-328-5886

1st & 3rd Tuesday 9 am – 3:30 pm

Pregnant, postpartum, breastfeeding

Anyone who cares for a child under 5 years

May be in need of income assistance

Can be receiving other benefits such as foster care, medical assistance, or SNAP



WIC Eligibility  
Application Form

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