

FREE MEALS

DES MOINES COUNTY

Salvation Army - 216 Columbus St, Burlington IA
Senior Breakfast (55+) - Wed, 9:30AM
Lunch Meal - Mon-Fri, 11:15AM

Optimae Services - 910 Cottonwood Ct, Burlington IA
Lunch Meal - Mon-Fri, 12:00PM

Shepherd's Table - 313 Nth 4th St, Burlington IA
Community Meal - Last Wed of Month, 4:30PM

Grace United Church - 1100 Angular St, Burlington IA
Community Meal - Last Thu of Month, 5:30PM

HENRY COUNTY

Salem Community Center - 201 S Main St, Salem, IA
Senior Lunch (60+) - Mon-Fri, 12:00PM

LEE COUNTY

God's Way Christian - 1629 Des Moines St, Keokuk, IA
Community Lunch - Mon-Thu, 10:00AM-12:00PM

Mama Knows - 1413 38th St, Fort Madison, IA
Family Friday - Fri, 4:00PM-6:00PM
Free Meals Available Through Neighbors Account
Free Will Donation, If Able

St John's United Church - 501 10th St, Fort Madison, IA
Community Meal - Last Week of Month, 5:00PM

NUTRITION PROGRAMS

Supplemental Nutrition Assistance Program (SNAP)
SNAP provides nutrition benefits to supplement the food budget of struggling families, so they can purchase healthy foods. (877) 347-5678
hhs.iowa.gov/food-assistance/snap

National School Lunch Program
A federal program to assist with providing low-cost or free lunches to children.
fns.usda.gov/nslp

Summer Food Service Program
Free meals during the summer months to communities and day camps. (515) 281-5356
hhs.iowa.gov/food-assistance/summer-food

Milestones Area Agency - Nutrition Program
Promotes health and well-being to aging Iowans.
(319) 752-5433
milestonesaaa.org/nutrition-programs

OTHER FOOD RESOURCES

ONLINE RESOURCES

Mom's Meals
Users might qualify for free home delivered meals, otherwise there are low-cost options as well.
(877) 508-6667 momsmeals.com
Must be 65+, On Disability, or Medicaid/Medicare

Sister's Home Style Entrees
Ready to heat meals delivered to your home, free or low-cost options available to qualifying users.
(515) 332-1928 sistersentrees.com

IOWA FOODBANK MOBILE PANTRY

foodbankiowa.org/find-food/mobile-pantry-program/
Briggs Civic Center - Wapello, IA
317 N Water St, Wapello, IA 52653
1:30PM - 4:00PM - Fourth Wednesday of the Month
New Testament Christian Church - Keokuk, IA
1578 Hilton Rd, Keokuk, IA 52632
4:00PM - 5:30PM - Fourth Tuesday of the Month

Women, Infants, & Children Program (WIC)
Provides supplemental food, health referrals, nutrition education and more for low-income pregnant, breastfeeding, or non-breastfeeding postpartum women and infants (up to age 5).

(563) 264-0855
hhs.iowa.gov/food-assistance/wic-iowa/wic-locations
hhs.iowa.gov/food-assistance/wic-iowa

Double Up Food Bucks Iowa
Qualifying SNAP purchases can be made at participating locations to double your dollars.
(515) 650-6854
iowahealthieststate.com/doubleup

FOOD PANTRY FAQ

WHAT DOCUMENTATION SHOULD I BRING?

You may need ID for all household members, proof of address, and total household income to be eligible at some pantry locations.

HOW DOES IT WORK?

Frequency of visits depends upon the location. You may get items based on household income, size, food weight, or other factors depending on pantry location and available food.

WHAT DO I GET?

It depends upon what is available at the pantries. It may include fresh fruits and vegetables, canned and frozen goods, breads, cereals, meats, eggs, and dairy. Some pantries may also offer personal care items and toiletries, diapers, household items, clothing, pet food, and other miscellaneous items.



UNITEDWAYSEIA.ORG
UNITEDWAYGRR.ORG

For Questions & Concerns Please Contact:

(319) 752-7831 or office@unitedwayseia.org
(Des Moines, Henry, Louisa, & Van Buren County)

(319) 524-4504 or director@unitedwaygrr.org
(Lee County)

Uniting together to build a stronger, healthier community, for all that reside in Southeast Iowa.

APRIL 2025

SOUTHEAST IOWA FOOD RESOURCES

DES MOINES, HENRY, LEE, LOUISA & VAN BUREN



Together we can build a stronger, healthier community.

UNITED WAY  UNITED WAY
Southeast Iowa Great River Region

SOUTHEAST IOWA FOOD PANTRIES - CALL 211, TEXT YOUR ZIP CODE TO 898211, OR VISIT 211IOWA.ORG

DES MOINES COUNTY

Community Action - Burlington IA
700 Jefferson St, Burlington, IA 52601
(319)753-2893
<https://caofseia.org/about-us/locations/>

City Hope Foundation - Burlington, IA
818 Maple St, Burlington, IA 52601 (319) 572-8631
cityhopefoundation.org/cupboard-food-bank/

Zion Church - Burlington, IA
412 N 5th St, Burlington, IA 52601 (319) 752-2305
zionuccburlington.org/outreach/

St Vincent De Paul - Burlington, IA
700 Division St, Burlington, IA 52601 (319) 752-9332
dmcountycatholic.org/need-help/st-vincent-de-paul-food-pantry

Salvation Army - Burlington, IA
216 Columbus Dr, Burlington, IA 52601 (319) 753-2038
centralusa.salvationarmy.org/burlington/

First Presbyterian Church - Burlington, IA
321 N 5th St, Burlington, IA 52601 (319) 752-6626
1stpresb.org/welcome

Foursquare Gospel - Burlington, IA
200 Curran St, Burlington, IA 52601 (319) 752-0261
facebook.com/profile.php?id=100064714419210

Love Thy Neighbor - Burlington, IA
1015 S Roosevelt Ave, Burlington, IA 52601
(319) 752-4245 : Located In First Church of Nazarene
b1naz.com/

WB Christian Church - West Burlington, IA
545 Melville Ave, West Burlington, IA 52655
(319) 752-3916
facebook.com/westburlingtonchristianchurch/

Community Food Pantry - Mediapolis, IA
801 Middle St, Mediapolis, IA 52637
(319) 394-3330: Located in First United Presbyterian
facebook.com/MepoFUPC1901/

HENRY COUNTY

The Fellowship Cup - Mount Pleasant, IA
203 N Jefferson St, Mt Pleasant, IA 52641
(319) 385-3242 thefellowshipcup.org/

Community Action - Mount Pleasant, IA
1303 W Washington St, Mt Pleasant, IA 52641
(319) 385-2310
<https://caofseia.org/about-us/locations/>

Wayland Mennonite Church - Wayland, IA
104 W 2nd St, Wayland, IA 52654
(319) 256-2743

Tiger Food Pantry - New London, IA
106 W Wilson St, New London, IA 52645
(319) 367-0512

WACO Community Food Pantry - Crawfordsville, IA
105 N Chestnut St, Crawfordsville, IA 52621
(319) 461-0532
facebook.com/profile.php?id=100071696665815

Winfield Food Pantry - Winfield, IA
107 E Elm St, Winfield, IA 52659
winfieldpantry@gmail.com
facebook.com/profile.php?id=61554541304188

LOUISA COUNTY

Morning Sun Community Pantry - Morning Sun, IA
15 E Division St, Morning Sun, IA 52640
(319) 759-4095

Southeast Louisa County Food Pantry - Wapello, IA
407 Washington St, Wapello, IA 52653
(319) 523-5125

Wapello School Food Pantry - Wapello, IA
Serving Wapello Students & Families Exclusively
(319) 523-5571 [Call For More Info](#)

LULAC Council 317 - Columbus Junction, IA
108 Main St, Columbus Junction, IA 52738
(319) 212-8063
facebook.com/LULACColumbusJunction/

Louisa-Muscatine School Food Pantry
Serving Louisa-Muscatine K12 Students & Families
(319) 726-3634 [Call For More Info](#)

Community Action - Columbus Junction, IA
Serving Louisa County, Requires Appointment
(319) 728-2314 [Call For More Info](#)

LEE COUNTY

City Hope Foundation - Fort Madison, IA
1219 Avenue H, Fort Madison, IA 52627
(319) 759-0185
cityhopefoundation.org/cupboard-food-bank/

St Vincent De Paul - Fort Madison, IA
501 10th St, Fort Madison, IA 52627 (319) 372-1688

North Lee County Food Pantry - Fort Madison, IA
3421 Avenue L, Fort Madison, IA 52627
(319) 372-8071 fmpantry.com/

Community Action - Fort Madison, IA
3433 Ave O, Fort Madison, IA 52627
(319) 372-4471
<https://caofseia.org/about-us/locations/>

Community School Primary Pantry- Fort Madison, IA
502 48th St, Fort Madison, IA 52627 (712) 746-7413
Community School Satellite Pantry- Fort Madison, IA
2001 Ave B, Fort Madison, IA 52627 (712) 746-7413
Serving Fort Madison Staff, Students & Families

Montrose Church of the Nazarene - Montrose, IA
102 N 5th St, Montrose, IA 52639
(319) 463-5837
facebook.com/montrosenazarenechurch/

Salvation Army - Keokuk, IA
31 S 30th St, Keokuk, IA 52632 (319) 524-1144
centralusa.salvationarmy.org/keokuk/

New Testament Christian Church - Keokuk, IA
1578 Hilton Rd, Keokuk, IA 52632 (319) 524-8727
churchonhiltonroad.com/

God's Way Christian Center - Keokuk, IA
1623 Des Moines St, Keokuk, IA, 52632
(319) 524-8329
facebook.com/godswaychristiancenter/

Community Action - Keokuk, IA
220 S 22nd St, Keokuk, IA, 52632
(319) 524-6383
<https://caofseia.org/about-us/locations/>

First Baptist Church - Keokuk, IA
25 N 8th St, Keokuk, IA, 52632
(319) 524-3684
<https://keokukfbc.org/notices>

LITTLE FOOD PANTRIES

Library Little Free Pantry - Burlington, IA
210 Court St, Burlington, IA 52601

Finders Keepers2 Pantry - Burlington, IA
600 S 9th St, Burlington, IA 52601

First Congregational Church - Burlington, IA
313 N 4th St, Burlington, IA 52601

West Avenue Baptist Church - Burlington, IA
2500 West Ave, Burlington, IA 52601

Messiah Lutheran Church - Burlington, IA
2411 West Ave, Burlington, IA 52601

First Christian Church - Burlington, IA
1221 Park Ave, Burlington, IA 52601

Farmington Blessing Box - Farmington, IA
202 3rd St, Farmington, IA 52626

Stockport Christian Church - Stockport, IA
217 S Main St, Stockport, IA 52651

Little Free Food Pantry - Wapello, IA
226 Washington St, Wapello, IA 52653

VAN BUREN COUNTY

Keosauqua Community Food Bank - Keosauqua, IA
405 Dodge St, Keosauqua, IA 52565
(217) 357-5852
facebook.com/profile.php?id=100064439419110

Farmington Food Pantry - Farmington, IA
203 Elm St, Farmington, IA 52626
(808) 896-5058
facebook.com/profile.php?id=100071646995584

Job's Closet Food Pantry - Bonaparte, IA
602 8th St, Suite 108, Bonaparte, IA 52620
(319) 470-0458
facebook.com/profile.php?id=100089416897886

Christ United Methodist Church - Douds, IA
14524 Highway 98, Douds, IA 52551
(641) 936-4361
facebook.com/DoudsMethodistChurch