



# State Resources for Seniors in Iowa

At AssistedLiving, we understand that learning about and accessing the assistance you need isn't easy. We created this guide to help seniors and their families learn about the available financial assistance options for senior living and senior care in your state so you can focus on what matters: finding the right senior care for your loved one. In the following resource guide, learn about the financial assistance options for senior care and senior living in your state, what benefits the different programs offer, who is eligible, and how to apply.

# Food Assistance Programs for Seniors

Older adults need a balanced diet to ensure they get the minerals and vitamins they need to stay healthy. This is even more important for those with medical conditions that affect their appetite or make it difficult to eat. Iowa seniors can get assistance through meals on wheels, food pantries and government programs that help them obtain and afford the nutritious meals they need.

## Meals on Wheels

Meals on Wheels helps thousands of adults throughout Iowa by delivering nutritious meals to their doors every week. Each branch serves a particular region and decides the age requirements for receiving meals and the delivery schedule.

	Area Served	Address	Phone Number
<b>The Community Kitchen of North Iowa, Inc.</b>	Seven counties in north Iowa	606 North Monroe Avenue, Mason City, IA 50401	(641) 424-2316
<b>Meals on Wheels Fort Dodge</b>	Fort Dodge	24 North 9th Street, Suite B, Fort Dodge, IA 50501	(515) 570-0965
<b>Horizons Meals on Wheels</b>	Eastern Iowa	819 5th Street SE, PO Box 667, Cedar Rapids, IA 52406-0667	(319) 398-3943
<b>Milestones Area Agency on Aging Home Delivered Meals Program</b>	Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne counties	935 East 53rd Street, Davenport, IA 52807	(855) 410-6222
<b>Jasper County Elderly Nutrition Program</b>	Jasper County	2401 1st Avenue East, Newton, IA 50208	(641) 792-7102
<b>Heartland Senior Services Meals on Wheels</b>	Story County	205 South Walnut Avenue, Ames, IA 50010	(515) 357-4573
<b>Wesley Life Meals on Wheels</b>	Des Moines	944 18th Street, Des Moines, IA 50314	(515) 699-3243

## Food Pantries

Food pantries distribute basic food items to seniors and low-income individuals, such as canned goods, rice, pasta, and other staples. These pantries are located throughout Iowa and have their own eligibility criteria.

	Area Served	Address	Phone Number
<b>Food at First</b>	Ames	611 Clark Avenue, Ames, IA 50010	(515) 344-4357
<b>CommUnity Food Pantry</b>	Johnson County	1045 Highway 6 East Iowa City, IA 52240	(319) 351-0128
<b>Coralville Community Food Pantry</b>	Coralville and Tiffin	1002 5th Street Coralville, IA 52241	(319) 337-3663
<b>Caring Hands Eastview Food Pantry</b>	Polk County	4101 E 42nd Street, Des Moines, IA 50317	(515) 809-2356
<b>Johnston Partnership Food Assistance</b>	Polk County	5870 Merle Hay Road, Suite C, Johnston, IA 50131	(515) 528-2379
<b>STC Food Pantry</b>	South Tama County	137 West 3rd Street, Tama, IA 52339	(641) 691- 1670
<b>Northeast Iowa Food Bank</b>	Black Hawk County	1605 Lafayette Street, Waterloo, IA 50703	(319) 235-0507

## Government Assistance Programs

If you require assistance that's not provided by meals on wheels or food pantries, the following government assistance programs may be able to help.

	Area Served	Address	Phone Number
<b>Department of Human Service Supplemental Nutrition Assistance Program (SNAP)</b>	Statewide	Contact your local DHS office	(800) 972-2017
<b>Iowa Department on Aging Meal Services</b>	Statewide	Contact your local Area Agency on Aging	(866) 468-7887