

Iowa City Food Access Information

Anyone can use this guide to help them navigate free and/or affordable food in their local community!

Free Meals and Groceries for Families and Kids

• CommUnity:

- Location: 1045 Hwy 6 East, Iowa City, IA 52240 (business office at 1121 S. Gilbert Ct but food bank is at Pepperwood Plaza)
- Hours: Monday: 12:00 pm – 4:30 pm
Tuesday: 12:00 pm – 7:00 pm
Thursday: 9:30 am – 4:30 pm
Friday: 12:00 pm – 4:30 pm
Saturday: 9:30 am – 2:00 pm
- A free and confidential food pantry serving Johnson County residents. Offers a choice of produce, bakery, deli, dairy, baby, hygiene, and non-perishable items, or pre-made bags. Eligibility is universal; only brief personal info required on first visit.
- Information: <https://builtbycommunity.org/i-need-help/food-bank/>



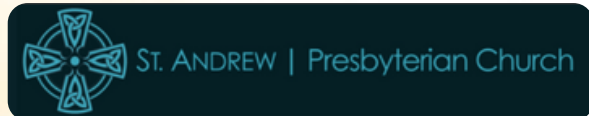
• Coralville Community Food Pantry:

- Location: 804 13th Ave, Coralville, IA 52241
- Hours of Operation:
Tuesday: 2:00 pm – 6:00 pm
Wednesday: 4:00 pm – 6:00 pm
Thursday: 11:30 am – 1:30 pm
Friday: 11:00 am – 1:00 pm (For seniors 60+ & those with disabilities)
Saturday: 10:30 am – 1:00 pm
- Offers weekly free groceries (fresh and non-perishable) and personal-care items for Coralville and Tiffin residents; free home delivery available. Requires proof of residency.
- Information: <https://www.johnsoncountyiowa.gov/livable-communities-service/coralville-community-food-pantry>



• St. Andrew Presbyterian Church – Monthly Food Market:

- Location: 140 Gathering Place Lane, Iowa City, IA 52246
- Hours: Typically the Fourth Wednesday of each month (except November/December). Food is available from 8:00 am to 7:00 pm.
- Monthly food distribution (HACAP partnership) open to all. Items usually include cereal, beans, rice, soup, canned meat, baked goods, vegetables; occasionally diapers, frozen meats, cheese. Shoppers fill a brief form for tracking; no affiliation required.
- Information: <https://saintandrew-ic.org/mission-service/food-market>



Apply for SNAP (Supplemental Nutrition Assistance Program)

- **Supplemental Nutrition Assistance Program (SNAP):** SNAP provides food benefits to low-income families to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.

- <https://hhs.iowa.gov/assistance-programs/food-assistance/snap>



Convenient Meal Delivery for the Elderly and Home-bound

- **Elder Services:**

- Location: 2210 9th St, Coralville, IA 52241
- Hours: Office operates Monday–Friday, 7:30 a.m.–3:30 p.m.
- Provides hot, ready-to-eat meals—and also frozen meals and breakfast bags—to seniors (60+) and individuals with disabilities in Johnson County. Meals help maintain nutrition and offer daily check-in social contact. Services available for post-hospital recovery, respite care, or daily ongoing needs.
- Information:
https://www.iowahungersummit.org/en/the_iowa_hunger_directory/organizations_fighting_hunger/?action=detail&memberID=51679

- **Johnson County (Heritage Area Agency on Aging) :**

- 6301 Kirkwood Blvd SW, Cedar Rapids, IA 52404
- Hours:
Monday - Friday 7:30 a.m. - 3:30 p.m.
- Serves as an Area Agency on Aging and Aging & Disability Resource Center—provides information, referrals, and support services (including meal program information) to older adults, caregivers, and individuals with disabilities in Johnson County.
- Information: <https://www.johnsoncountyiowa.gov/livable-communities-service/meals-wheels-johnson-county>



- **Milestones Area Agency on Aging – Home Delivered Meals:**

- Location: Statewide service (contact via phone or online — specific location not public-facing)
- Hours: Not publicly listed; contact by phone
- A statewide program providing nutritionally balanced home-delivered meals to individuals aged 60+ (and their spouses), particularly those with economic or social needs or who are homebound due to disability or illness. Menus are reviewed by an Iowa state dietitian.
- Information: <https://www.milestonesaaa.org/nutrition-programs/home-delivered-meals/>



Get Involved with Food Accessibility

Volunteers: Table to Table: Operates a robust food rescue network—collecting surplus food from donors (farms, stores, restaurants, etc.) and delivering it to local organizations serving those in need.

Businesses & Nonprofits: Healthy Kids Iowa Distributions: Businesses or nonprofits can sponsor or volunteer to help run these summer grocery distribution events (providing \$40 worth of groceries per child).

Information: <https://hhs.iowa.gov/assistance-programs/food-assistance/healthy-kids-iowa>

Educate & Empower: Grow: Johnson County Educational Engagement: Offers educational experiences in sustainable agriculture, farm-to-table basics, and ecological integration.

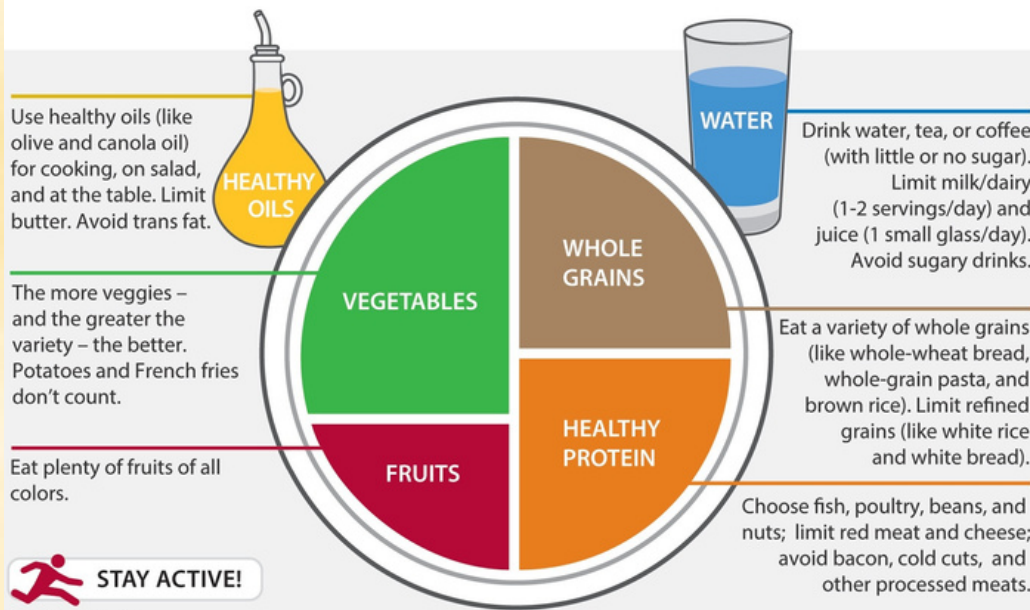
Information: <https://www.growjohnsoncounty.org/>



How to eat healthy at no extra cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The American Heart Association recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the Dietary Guidelines for Americans recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.



For local resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store:

www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

