

Older Americans Act Nutrition Programs

Congregate and home-delivered meal programs provide nutrition and socialization for people age 60+, their spouses and adults with disabilities. Seniors receive a meal and access to other services like nutrition education, nutrition counseling, services to remain in their home and physical education programs. Meals are provided on a voluntary contribution basis.

For more information:

- ◆ Call your local Area Agency on Aging www.iowaaging.gov.
- ◆ Contact LifeLong Links at (866) 468-7887.



Emergency Food

Free meals and food are provided at places like food pantries, shelters and soup kitchens.

For more information:

- ◆ Call the 2-1-1 helpline to find source of food closest to you.
- OR
- ◆ Visit www.211iowa.org or text your ZIP code to 898211.
 - ◆ To find the phone number for your local food bank, visit www.feedingamerica.org. They can connect you to a food pantry, soup kitchen or meal site.



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WE CAN HELP



Iowa Nutrition Programs

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Feeding Your Family in Tough Times

You already know that good food is important to your family's health. Tough times can make it hard to get the food your family needs to be healthy and happy. This booklet has information about several nutrition programs that can help.

Healthy Choices on a Tight Budget

Iowa State University Extension and Outreach programs can help you learn strategies to make healthy choices for yourself and your family.

- ◆ Programs are offered in select counties for those who meet income guidelines. Call **(800) 262-3804**.
- ◆ **Spend Smart. Eat Smart.** is a free resource with healthy recipes, how-to videos and research-based nutrition information. Download our free app and visit our website to learn how to eat well while saving money.

<https://spendsmart.extension.iastate.edu>



WIC (Women, Infants & Children)

WIC is a supplemental nutrition program for babies, children under 5, pregnant women, and breastfeeding and non-breastfeeding women who recently had a baby. WIC helps families by providing healthy foods, nutrition education, breastfeeding support and referrals to other health care agencies.

Qualifications:

- ◆ Meet income guidelines.
- ◆ Live in Iowa.
- ◆ Have a medical or nutritional need.

Find your local WIC office:

Go to <http://www.signupwic.com/> and enter your ZIP code.

To apply:

- ◆ Make an appointment at your local WIC office.
- ◆ Bring proof of address, identity and income, as well as your child.

Contact information:

(800) 532-1579 or **(515) 281-6650**

<http://idph.iowa.gov/wic>,
<http://www.signupwic.com/>



School Nutrition Programs

The National School Lunch and School Breakfast programs provide free or reduced-price meals to qualifying students.

Qualifications:

- ◆ Meet income guidelines or receive Iowa Food Assistance.
- ◆ All migrant, homeless and foster children qualify.

To apply:

- ◆ Contact your child's school and request a Free/Reduced Price Eligibility Application. <https://www.educateiowa.gov/pk-12/nutrition-programs>



Summer Food Service Program

Children receive free meals during the summer in participating communities.

Qualifications:

- ◆ Individuals 18 years old or younger or those over 18 who possess a physical or mental disability and participate in a school program during the school year.

To apply: No application process.

Contact information:

Bureau of Nutrition and Health Services
(515) 281-5356

To find a site call **1-(866)-3-HUNGRY** or **United Way 2-1-1** OR
Text **food** to **877-877** or visit

www.fns.usda.gov/summerfoodrocks.

Iowa Food Assistance/SNAP

Participants receive an EBT (Electronic Benefit Transfer) card to buy groceries at participating retailers, including supermarkets, grocery stores and some farmers markets.

Qualifications:

- ◆ Meet income guidelines.
- ◆ Be a citizen or legal immigrant.
- ◆ All children who are born in the United States can apply even if their parents are not citizens.

To apply in person:

- ◆ Call **(877) DHS-5678** for the location of the DHS office near you.

To apply online:

- ◆ Go to www.oasis.iowa.gov.

To apply by phone:

- ◆ Call the Iowa Food Bank Association at **(855) 944-3663** from 8:00 a.m. – 5:00 p.m. Monday – Friday.

Contact information:

Iowa Department of Human Services
(877) DHS-5678
Iowa Food Bank Association Hotline
(855) 944-3663

