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Food Resource Guide

For a **full** list of pantries as well as our mobile pantry schedule, please visit www.hacap.org or call (319)393-7811 option 2.

PANTRY	ADDRESS	HOURS/DAYS OPEN	INSTRUCTIONS
Loaves and Fishes Food Pantry	1030 5 th Ave SE Cedar Rapids 52403	Tuesdays 2:30pm-5:00pm	Inside old Tanager Place building downtown. Available weekly.
Catherine McAuley Center	1220 5 th Ave SE Cedar Rapids 52403	M-F 8am-8pm Sat. 8am-12pm	Available twice a week
United We March Forward	214 13 th St. SE Cedar Rapids, IA 52403	Thurs. 5:30p-7:30p Sat. 1:00p-3:00p	Twice a week availability.
Metro Catholic Outreach	420 6 th St. SE Cedar Rapids, IA 52401	Tues. 5:00p-5:30p Wed. 1p-1:30p Thurs.10a-12p	Appointment Required. Please call (319)739-5490
Wellington Heights Pantry at FCC	361 17 th St. SE Cedar Rapids 52403	2 nd and 4 th Sunday 1:30pm-3:30pm	Available twice a month
Kings Kitchen	355 19 th St. SE Cedar Rapids, IA 52403	12pm-3pm Saturdays	1 st , 3 rd , 4 th Saturdays of the month.
Kingdom Encounter Church	701 25 th St. NE Cedar Rapids, IA 52402	Saturdays 10am-12pm	Available weekly

Linn County Mobile Pantries

Mobile pantries are a drive through style. You do not need to get out of your vehicle. You do NOT need to be a resident at these communities to receive food. Please visit www.hacap.org to see the current month's mobile pantry schedule.

Other Food Resources

SNAP(Food Assistance) Call 1-855-944-3663(FOOD) or <https://dhsservices.iowa.gov/apspssp/spp.portal>

WIC (Women, Infants, and Children) 319-366-7632 Locate an office near you at <https://idph.iowa.gov/wic>





Feed Iowa First Veggie Van Stops (6/17/2024-9/30/2024)

Tuesdays:

- 1:30-2:15pm Linnwood Apartments 4845 Johnson Ave NW
- 3:00-3:45pm Jim's Foods 812 6th St. SW

Wednesdays:

- 3:00-3:45 Hawthorne Hills Apartments 2283 C St. SW

Thursdays:

- 9:30-10:15am Eastern Iowa Health Center 1201 3rd Ave SE
- 3:00-3:45pm Glenbrook Apartments 4839 1st Ave SW
- 4:00-4:45pm Southview Apartments 2155 Westdale Dr. SW

Things to Expect When Visiting a Pantry

1. You May need to wait in line. Often our neighbors start lining up before the pantry opens.
2. Bring your own bags, boxes, portable carts etc. to carry your groceries home/out to your vehicle.
3. Depending on the pantry you visit, items may be preboxed.
4. It is OK to talk with pantry volunteers/staff about any dietary needs that need to be met
 - a. I have to follow a diabetic friendly diet
 - b. I have a specific food allergy/allergies
 - c. I have to follow a gluten free diet.
5. You will be asked for a name and number in your household.
 - a. There may be a TEFAP (The Emergency Food Assistance Program) form for you to sign. This information is CONFIDENTIAL. It is stored with the pantry securely. It is NOT given to HACAP and is NOT used to coordinate with any government or law enforcement services. You are safe.
6. It is OK to have someone pick up for you as proxy.

