

Monona County Community Directory



Food/Food Pantries:

Congregate or Home Delivered Meals in Monona County:

Sponsored by Connections Area Agency on Aging

2301 Pierce St.

Sioux City, IA 51104

Phone: 1-800-798-6916

Website: <http://www.connectionsaaa.org/>

Congregate meals are offered at each of the following locations in Monona County to persons aged 60 and over.

- Suggested donation per meal at the meal site is \$2.75 - \$5.50.
- Nutritious, hot meals are offered with the opportunity to socialize with your friends and meet new people.
- **Meals are not prepared or delivered on weekends or holidays.**

Home delivered meals are also supplied at each of the following locations if certain criteria is met:

- You must be 60 years of age or older
- You must be homebound
- A doctor or social worker referral is preferred
- Suggested donation for home delivered meals is \$3.25 - \$5.75 per meal

Good Time Charlie's

620 Whittier St.

Whiting, IA 51063

Phone: 712-455-2225

Contact Person: Darlene Hast

Meals are served each weekday at 11:30 a.m.

Mapleton Community Center

511 Main St.

Mapleton, IA 51034

Phone: 712-881-1032

Meals are served Monday, Wednesday and Friday at noon.

Food/Food Pantries: (continued)

Congregate or Home Delivered Meals in Monona County: (continued)

Sponsored by Connections Area Agency on Aging

**Onawa Senior Center
1017 8th St.
Onawa, IA 51040
Phone: 712-423-3066
Contact Person: Leslie Riner**

Meals are served each weekday at noon. The United Methodist Church of Onawa sponsors free bingo every Tuesday following the noon meal.

**Ute Senior Center
107 Main St.
Ute, IA 51060
Phone: 712-885-2228
Contact Person: Linda Riddle**

Meals are served each weekday at noon.

Food Banks in Monona County:

**Food 4 You – In partnership with Food Bank of Siouxland, Inc.
1716 16th St. (Address to send donations to)
Onawa, IA 51040
Phone: Sheri Joyner, Chairman of the Board: 712-884-2233
Geri Johnson, Treasurer: 712-433-2036**

**The Open Cupboard & Food Bank of Siouxland, Inc.
c/o Valley Bank & Trust (Address to send donations to)
401 Main St.
Mapleton, IA 51034
Phone: Nikki Pierce, President of the Board: 712-881-1448 or
Pastor, Harvey Hanson, Treasurer: 712-353-6317
P.O. Box 64
Castana, IA 51010**

Food 4 You and The Open Cupboard are both outreach distribution organizations of the Siouxland Food Bank, Inc. The goal for both entities is to supply and distribute food to the “food insecure” residents in the area. Food insecure means a lack of access at times to enough food for an active, healthy life for all members of a household and limited or uncertain availability of nutritious food. Based on 2010 statistics, 1300 people in Monona County don’t have enough food to eat by the end of each month.

Food/Food Pantries: (continued)
Food Banks in Monona County: (continued)

The six towns included in the **Food 4 You cluster** include: Blencoe, Moorhead, Onawa, Soldier, Turin and Whiting. **Food distribution for the Food 4 You cluster occurs once a month on the 4th Thursday of every month unless it is a holiday from 2:00 – 2:45 p.m.** The location of the food distribution is at the Evangelical Free Church, 2120 Iowa Avenue North, Onawa, IA 51040. Notices are published in the Grapevine, Onawa Democrat and the Onawa Sentinel two weeks prior to the distribution date.

The ten towns included in **The Open Cupboard cluster** include: Castana, Charter Oak, Danbury, Hornick, Mapleton, Oto, Ricketts, Smithland, Ticonic, and Ute. **Food distribution for The Open Cupboard occurs the 3rd Wednesday of every month and are held at the Mapleton Community Center, 513 Main St., Mapleton IA. 51034 at 5:00 p.m.** Notices are published in the local newspapers and church bulletins prior to the distribution date.

Please bring your own bags, boxes, laundry baskets, etc. to put your food into. You will also be asked how many adults and children are in your family and what your family's income level is.

Families are encourage to attend either the Food 4 You **or** The Open Cupboard distribution; not both. Often times it is more convenient for families to go to one or the other based on the location or time.

Food Pantries in Monona County:

Mapleton Food Bank
315 Main St.
Mapleton, IA 51034
Phone: 712-881-1128

Sponsored and staffed by volunteers from the American Legion Auxiliary. This food pantry is funded by private donations as well as donations from the Mapleton business community and members of various churches. Families in the surrounding area may receive a 3-day supply of food once every 3 months. Clothing, etc. is also available at this site free of charge.

West Central Community Action Food Pantry
801 10th St.
Onawa, IA 51040
Phone: 712-423-2603

Website: <http://www.westcentralca.org> Click on Outreach Centers and then on Monona County to find specific information.

Families in the surrounding area may receive a 3-day supply of food once every 3 months.

Food/Food Pantries: (continued)
Food Pantries in Monona County: (continued)

Some Monona County churches may also have food pantries.
Please contact your local church to inquire.

Food Safety/Nutrition:

Iowa State University Extension Service
Monona County Extension Service

119 Iowa Ave.

Onawa, IA. 51040

Phone: 712-423-2175

Website:

<http://www.extension.iastate.edu/foodsafety/consumers/index.cfm?parent=1>

- **Words on Wellness Newsletter (WOW)**
<http://www.extension.iastate.edu/healthnutrition/nutrition/wellness.htm>
- **Flavors of Northwest Iowa**
<http://blogs.extension.iastate.edu/regionalflavors/2011/03/>

Food Stamps:

Contact the local DHS office:

Department of Human Services (DHS)

Harrison County DHS (Also serves Monona County)

204 East Sixth St, P.O. Box 189

Logan, IA 51546

Phone: 1-800-326-7732

Statewide Abuse Hotline: 1-800-362-2178

Website: http://dhs.ia.gov/Consumers/Find_Help/County_Offices/monona.html

Offers children and family services, financial support, medical assistance, **food stamps**, mental health & disability services.

WIC Clinic:

Women, Infant & Children Program (WIC)

West Central Community Action

P.O. Box 709

Harlan, IA 51537 (Administrative office for all of Monona
County)

Phone: 1-800-338-4129 – (call this number to make an appointment)

Website: <http://www.westcentralca.org>

Food/Food Pantries: (continued)

WIC Clinic: (continued)

Women, Infant & Children Program (WIC)

West Central Community Action

801 10th St.

Onawa, IA 51040

Phone: 712-423-2603

Website: <http://www.westcentralca.org>

Monona County WIC clinics are held the 1st Friday of the month (unless it is a holiday). Please call **1-800-338-4129** to make an appointment. Clinics are held at the Onawa Community Center, 320 10th St., Onawa, IA. 51040 by appointment only.

“Women, Infants and Children (WIC) is a supplemental food program for pregnant and postpartum women and their infants and children under age 5. Supplemental foods and nutrition education are provided to almost 3,000 clients at monthly clinics in the nine counties of Cass, Crawford, Fremont, Harrison, Mills, **Monona**, Montgomery, Page, and Shelby. The program evaluates the growth rate of children and joins with other programs to provide effective nutrition and health services to families who are at risk. Participants receive checks for specific foods that are redeemable at over 700 grocery stores and pharmacies across Iowa.”