

## FREE MEALS

### DES MOINES COUNTY

Salvation Army - 216 Columbus St, Burlington IA  
Senior Breakfast (55+) - Wed, 9:30AM  
Lunch Meal - Mon-Fri, 11:15AM

Optimae Services - 910 Cottonwood Ct, Burlington IA  
Lunch Meal - Mon-Fri, 12:00PM

Shephard's Table - 313 Nth 4th St, Burlington IA  
Community Meal - Last Wed of Month, 4:30PM

Grace United Church - 1100 Angular St, Burlington IA  
Community Meal - Last Thu of Month, 5:30PM

### HENRY COUNTY

Salem Community Center - 201 S Main St, Salem, IA  
Senior Lunch (60+) - Mon-Fri, 12:00PM

### LEE COUNTY

God's Way Christian - 1629 Des Moines St, Keokuk, IA  
Community Lunch - Mon-Thu, 10:00AM-12:00PM

Mama Knows - 1413 38th St, Fort Madison, IA  
Family Friday - Fri, 4:00PM-6:00PM

Free Meals Available Through Neighbors Account  
Free Will Donation, If Able

St John's United Church - 501 10th St, Fort Madison, IA  
Community Meal - Last Week of Month, 5:00PM

## NUTRITION PROGRAMS

Supplemental Nutrition Assistance Program (SNAP)  
SNAP provides nutrition benefits to supplement the food budget of struggling families, so they can purchase healthy foods. (877) 347-5678  
[hhs.iowa.gov/food-assistance/snap](https://hhs.iowa.gov/food-assistance/snap)

National School Lunch Program  
A federal program to assist with providing low-cost or free lunches to children.  
[fns.usda.gov/nslp](https://fns.usda.gov/nslp)

Summer Food Service Program  
Free meals during the summer months to communities and day camps. (515) 281-5356  
[hhs.iowa.gov/food-assistance/summer-food](https://hhs.iowa.gov/food-assistance/summer-food)

Milestones Area Agency - Nutrition Program  
Promotes health and well-being to aging Iowans.  
(319) 752-5433  
[milestonesaaa.org/nutrition-programs](https://milestonesaaa.org/nutrition-programs)

## OTHER FOOD RESOURCES

### ONLINE RESOURCES

Mom's Meals  
Users might qualify for free home delivered meals, otherwise there are low-cost options as well.  
(877) 508-6667 [momsmeals.com](https://momsmeals.com)  
Must be 65+, On Disability, or Medicaid/Medicare

Sister's Home Style Entrees  
Ready to heat meals delivered to your home, free or low-cost options available to qualifying users.  
(515) 332-1928 [sistersentrees.com](https://sistersentrees.com)

### IOWA FOODBANK MOBILE PANTRY

[foodbankiowa.org/find-food/mobile-pantry-program/](https://foodbankiowa.org/find-food/mobile-pantry-program/)

Briggs Civic Center - Wapello, IA  
317 N Water St, Wapello, IA 52653  
1:30PM - 4:00PM - Fourth Wednesday of the Month

New Testament Christian Church - Keokuk, IA  
1578 Hilton Rd, Keokuk, IA 52632  
4:00PM - 5:30PM - Fourth Tuesday of the Month

## FOOD PANTRY FAQ

### WHAT DOCUMENTATION SHOULD I BRING?

You may need ID for all household members, proof of address, and total household income to be eligible at some pantry locations.

### HOW DOES IT WORK?

Frequency of visits depends upon the location. You may get items based on household income, size, food weight, or other factors depending on pantry location and available food.

### WHAT DO I GET?

It depends upon what is available at the pantries. It may include fresh fruits and vegetables, canned and frozen goods, breads, cereals, meats, eggs, and dairy. Some pantries may also offer personal care items and toiletries, diapers, household items, clothing, pet food, and other miscellaneous items.



[UNITEDWAYSEIA.ORG](https://UNITEDWAYSEIA.ORG)  
[UNITEDWAYGRR.ORG](https://UNITEDWAYGRR.ORG)

### For Questions & Concerns Please Contact:

(319) 752-7831 or [office@unitedwayseia.org](mailto:office@unitedwayseia.org)  
(Des Moines, Henry, Louisa, & Van Buren County)

(319) 524-4504 or [director@unitedwaygrr.org](mailto:director@unitedwaygrr.org)  
(Lee County)

Uniting together to build a stronger, healthier community, for all that reside in Southeast Iowa.

SEPTEMBER 2025

# SOUTHEAST IOWA FOOD RESOURCES

DES MOINES, HENRY, LEE, LOUISA & VAN BUREN



Together we can build a stronger, healthier community.

UNITED WAY Southeast Iowa  UNITED WAY Great River Region

# SOUTHEAST IOWA FOOD PANTRIES - CALL 211, TEXT YOUR ZIP CODE TO 898211, OR VISIT 211IOWA.ORG

## DES MOINES COUNTY

Community Action - Burlington IA  
700 Jefferson St, Burlington, IA 52601  
(319) 753-2893  
<https://caofseia.org/about-us/locations/>

City Hope Foundation - Burlington, IA  
818 Maple St, Burlington, IA 52601 (319) 572-8631  
[cityhopefoundation.org/cupboard-food-bank/](http://cityhopefoundation.org/cupboard-food-bank/)

Zion Church - Burlington, IA  
412 N 5th St, Burlington, IA 52601 (319) 752-2305  
[zionuccburlington.org/outreach/](http://zionuccburlington.org/outreach/)

St Vincent De Paul - Burlington, IA  
700 Division St, Burlington, IA 52601 (319) 752-9332  
[dmcountycatholic.org/need-help/st-vincent-de-paul-food-pantry](http://dmcountycatholic.org/need-help/st-vincent-de-paul-food-pantry)

Salvation Army - Burlington, IA  
216 Columbus Dr, Burlington, IA 52601 (319) 753-2038  
[centralusa.salvationarmy.org/burlington/](http://centralusa.salvationarmy.org/burlington/)

First Presbyterian Church - Burlington, IA  
321 N 5th St, Burlington, IA 52601 (319) 752-6626  
[1stpresb.org/welcome](http://1stpresb.org/welcome)

Foursquare Gospel - Burlington, IA  
200 Curran St, Burlington, IA 52601 (319) 752-0261  
[facebook.com/profile.php?id=100064714419210](https://facebook.com/profile.php?id=100064714419210)

Love Thy Neighbor - Burlington, IA  
1015 S Roosevelt Ave, Burlington, IA 52601  
(319) 752-4245 : Located In First Church of Nazarene  
[b1naz.com/](http://b1naz.com/)

WB Christian Church - West Burlington, IA  
545 Melville Ave, West Burlington, IA 52655  
(319) 752-3916  
[facebook.com/westburlingtonchristianchurch/](https://facebook.com/westburlingtonchristianchurch/)

Community Food Pantry - Mediapolis, IA  
801 Middle St, Mediapolis, IA 52637  
(319) 750-9607 : Located in Old Presbyterian Church  
PLEASE NOTE: This location will soon be converted  
to a Youth Center for the Mediapolis Community  
Youth Group. The pantry will remain until further  
notice.

## HENRY COUNTY

The Fellowship Cup - Mount Pleasant, IA  
203 N Jefferson St, Mt Pleasant, IA 52641  
(319) 385-3242 [thefellowshipcup.org/](http://thefellowshipcup.org/)

Community Action - Mount Pleasant, IA  
1303 W Washington St, Mt Pleasant, IA 52641  
(319) 385-2310  
<https://caofseia.org/about-us/locations/>

Wayland Mennonite Church - Wayland, IA  
104 W 2nd St, Wayland, IA 52654  
(319) 256-2743

Tiger Food Pantry - New London, IA  
106 W Wilson St, New London, IA 52645  
(319) 367-0512

WACO Community Food Pantry - Crawfordsville, IA  
105 N Chestnut St, Crawfordsville, IA 52621  
(319) 461-0532  
[facebook.com/profile.php?id=100071696665815](https://facebook.com/profile.php?id=100071696665815)

Winfield Food Pantry - Winfield, IA  
107 E Elm St, Winfield, IA 52659  
[winfieldpantry@gmail.com](mailto:winfieldpantry@gmail.com)  
[facebook.com/profile.php?id=61554541304188](https://facebook.com/profile.php?id=61554541304188)

## LOUISA COUNTY

Morning Sun Community Pantry - Morning Sun, IA  
15 E Division St, Morning Sun, IA 52640  
(319) 759-4095

Southeast Louisa County Food Pantry - Wapello, IA  
407 Washington St, Wapello, IA 52653  
(319) 523-5125

Wapello School Food Pantry - Wapello, IA  
Serving Wapello Students & Families Exclusively  
(319) 523-5571 [Call For More Info](#)

LULAC Council 317 - Columbus Junction, IA  
108 Main St, Columbus Junction, IA 52738  
(319) 212-8063  
[facebook.com/LULACColumbusJunction/](https://facebook.com/LULACColumbusJunction/)

Louisa-Muscatine School Food Pantry  
Serving Louisa-Muscatine K12 Students & Families  
(319) 726-3634 [Call For More Info](#)

Community Action - Columbus Junction, IA  
Serving Louisa County, Requires Appointment  
(319) 728-2314 [Call For More Info](#)

## LEE COUNTY

City Hope Foundation - Fort Madison, IA  
1219 Avenue H, Fort Madison, IA 52627  
(319) 759-0185  
[cityhopefoundation.org/cupboard-food-bank/](http://cityhopefoundation.org/cupboard-food-bank/)

St Vincent De Paul - Fort Madison, IA  
501 10th St, Fort Madison, IA 52627 (319) 372-1688

North Lee County Food Pantry - Fort Madison, IA  
3421 Avenue L, Fort Madison, IA 52627  
(319) 372-8071 [fmpantry.com/](http://fmpantry.com/)

Community Action - Fort Madison, IA  
3433 Ave O, Fort Madison, IA 52627  
(319) 372-4471  
<https://caofseia.org/about-us/locations/>

Community School Primary Pantry- Fort Madison, IA  
502 48th St, Fort Madison, IA 52627 (712) 746-7413  
Community School Satellite Pantry- Fort Madison, IA  
2001 Ave B, Fort Madison, IA 52627 (712) 746-7413  
Serving Fort Madison Staff, Students & Families

Montrose Church of the Nazarene - Montrose, IA  
102 N 5th St, Montrose, IA 52639  
(319) 463-5837  
[facebook.com/montrosenazarenechurch/](https://facebook.com/montrosenazarenechurch/)

Salvation Army - Keokuk, IA  
31 S 30th St, Keokuk, IA 52632 (319) 524-1144  
[centralusa.salvationarmy.org/keokuk/](http://centralusa.salvationarmy.org/keokuk/)

New Testament Christian Church - Keokuk, IA  
1578 Hilton Rd, Keokuk, IA 52632 (319) 524-8727  
[churchonhiltonroad.com/](http://churchonhiltonroad.com/)

God's Way Christian Center - Keokuk, IA  
1623 Des Moines St, Keokuk, IA, 52632  
(319) 524-8329  
[facebook.com/godswaychristiancenter/](https://facebook.com/godswaychristiancenter/)

Community Action - Keokuk, IA  
220 S 22nd St, Keokuk, IA, 52632  
(319) 524-6383  
<https://caofseia.org/about-us/locations/>

First Baptist Church - Keokuk, IA  
25 N 8th St, Keokuk, IA, 52632  
(319) 524-3684  
<https://keokukfbc.org/notices>

## LITTLE FOOD PANTRIES

Library Little Free Pantry - Burlington, IA  
210 Court St, Burlington, IA 52601

Finders Keepers2 Pantry - Burlington, IA  
600 S 9th St, Burlington, IA 52601

First Congregational Church - Burlington, IA  
313 N 4th St, Burlington, IA 52601

West Avenue Baptist Church - Burlington, IA  
2500 West Ave, Burlington, IA 52601

Messiah Lutheran Church - Burlington, IA  
2411 West Ave, Burlington, IA 52601

First Christian Church - Burlington, IA  
1221 Park Ave, Burlington, IA 52601

Farmington Blessing Box - Farmington, IA  
202 3rd St, Farmington, IA 52626

Stockport Christian Church - Stockport, IA  
217 S Main St, Stockport, IA 52651

Little Free Food Pantry - Wapello, IA  
226 Washington St, Wapello, IA 52653

## VAN BUREN COUNTY

Keosauqua Community Food Bank - Keosauqua, IA  
405 Dodge St, Keosauqua, IA 52565  
(217) 357-5852  
[facebook.com/profile.php?id=100064439419110](https://facebook.com/profile.php?id=100064439419110)

Farmington Food Pantry - Farmington, IA  
203 Elm St, Farmington, IA 52626  
(808) 896-5058  
[facebook.com/profile.php?id=100071646995584](https://facebook.com/profile.php?id=100071646995584)

Job's Closet Food Pantry - Bonaparte, IA  
602 8th St, Suite 108, Bonaparte, IA 52620  
(319) 470-0458  
[facebook.com/profile.php?id=100089416897886](https://facebook.com/profile.php?id=100089416897886)

Christ United Methodist Church - Douds, IA  
14524 Highway 98, Douds, IA 52551  
(641) 936-4361  
[facebook.com/DoudsMethodistChurch](https://facebook.com/DoudsMethodistChurch)