

FOOD PANTRIES & RESOURCES FOR:

HARRISON COUNTY, IOWA
MONONA COUNTY, IOWA
SHELBY COUNTY, IOWA



HARRISON COUNTY FOOD PANTRIES & RESOURCES



Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Harrison County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.

Connections Area Agency on Aging

Dunlap Senior Center

M-F 712-643-2244

Missouri Valley Senior Center

M-F 800-432-9209

Woodbine Senior Center

M-F 712-647-3011

Meals are available for seniors (60+) and their spouse. Meals are not prepared on weekends or holidays. Guests under age 60 may enjoy a meal with seniors at \$12.50 per meal. Reservations must be made before 10:00 am the business day prior. Meals are a suggested contribution of \$5.00.

Connections Area Agency on Aging

Home delivered

1-800-432-9209

Delivered on non-holiday week days
Meals are available for seniors (60+) and their spouse. Meals are not prepared or delivered on weekends or holidays. Guests under age 60 may enjoy a meal with seniors at a hard charge of \$12.50 per meal. Reservations must be made before 10:00 am the business day prior. Meals are a suggested contribution of \$5.00 for congregate and \$5.25 for home delivered meals

Dunlap Community Food Pantry

111 Iowa Ave., Dunlap

712-592-0228

Tuesday 3-6 pm

Saturday 9am- noon

Must live in the Boyer Valley School district
Can visit once every 30 days

Farmers Market @ The Welcome Center

2931 Monroe Ave., Missouri Valley

712-642-2114

Thursdays spring-fall from 4-6pm

Harrison County Food Pantry

2101 Liberty Ave., Missouri Valley

712-642-2598

Tuesday and Friday 9-12

Anyone in Harrison county

Harrison County Home and Public Health (Non-Food) Pantry

122 W 8th St., Logan

712-644-2220

Monday-Friday from 8 am - 4:30 pm

Diaper bank + other resources related to health and parenting.

Matthews House Food Pantry

301 Vine St., Mondamin

Wednesdays 5-6 pm Sundays 12-2pm

On Facebook

@MondaminUnitedMethodistChurch

Anyone can attend 2x month

HARRISON COUNTY FOOD PANTRIES & RESOURCES

Missouri Valley UMC Community Meal

308 E Superior St., Missouri Valley

712-642-3168

4th Wed. of the month, 5 - 6:30 pm

Anyone is welcome for a community meal.

St. Paul Lutheran Church (Mobile Pantry)

201 N. 2nd St., Missouri Valley

712-642-2820

First Wednesday from 4:30-6 pm

Pantry is a mobile pantry put on by Story Street Pantry (CB) in the church parking lot.

St. Paul Lutheran Church

Community Meal

201 N. 2nd St., Missouri Valley

712-642-2820

3rd Wednesday from 5-6:30 pm

Anyone is welcome for a free hot community meal.

Sunrise Friendship (Non-Food) Pantry

2225 Lincoln Hwy., Missouri Valley

712-642-3708

3rd Saturday from 10 am - 12 pm

Distributes hygiene and cleaning supplies such as toothpaste, toothbrushes, laundry soap, toilet paper, soap, shampoo, and dish soap

West Central Community Action

107 N 4th, Logan

712-644-3388

M- F 9 am - 2:30 pm

Must be a client of WCCA and make an appointment.

WIC

108 W 4th St., Logan

(North side of Community Center)

712-355-3645

712-328-5886

Pregnant, postpartum, breastfeeding
Anyone who cares for a child under 5 years. May be in need of income assistance. Can be receiving other benefits such as foster care, medical assistance, or SNAP

Woodbine Community Food Bank and Outreach Center

76 5th St., Woodbine

712-647-3434

Tuesday & Thursday 4- 6 pm

Harrison County residents age 18+;
ID required.

HMS Hub is committed to supporting the well-being of individuals and families in Harrison, Monona and Shelby Counties in Iowa. Through connecting resources and fostering collaboration, we aim to help bridge gaps in services, including food assistance. Our mission is to strengthen communities and ensure that every individual has access to the support they need to thrive. Together, we can build a stronger, more resilient community.

hmshub.org • 712-482-1280 • hmshub@thrivingfamiliesalliance.org



MONONA COUNTY FOOD PANTRIES & RESOURCES



Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Monona County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.

Connections Area Agency on Aging

Home delivered 800-432-9209

Delivered on non-holiday week days

Meals are available for seniors (60+) and their spouse.
Meals are not prepared or delivered on weekends or holidays.

Ute Senior Center 712-885-2228

M-F 11:30 am

Mapleton Community Center 712-881-1032

M, W, F 11:30 am

Guests under age 60 may enjoy a meal with seniors at a hard charge of \$12.50 per meal.

Reservations must be made before 10:00 am the business day prior.

Meals are a suggested contribution of \$5.00 for congregate and \$5.25 for home delivered meals

Senior Center

320 10th, Onawa

712-433-2201

Thursdays at noon

Small fee, but they get lots of food and many take food home for multiple meals.

West Central Community Action

801 10th St, Ste B., Onawa

712-423-2603 (Amy)

M-F 9 am - 3 pm

Must be a client of WCCA and make an appointment. Monona County residents only.

Food 4 You Mobile Pantry— Evangelical Free Church

2160 Iowa Ave., Onawa

712-208-0511

4th Thursday 1-3 pm

Saturday 9am- noon

Blencoe, Moorehead, Onawa, Soldier,
Turin and Whiting

WIC - Faith Lutheran Church

316 1st St., Onawa

712-355-3496

1st & 3rd Tuesday 9 am - 3:30 pm

Pregnant, postpartum, breastfeeding
Anyone who cares for a child under 5 years
May be in need of income assistance
Can be receiving other benefits such as
foster care, medical assistance, or SNAP

Mapleton Food Bank

313 Main St., Mapleton

712-881-1128 (Connie)

Tuesdays 9-11:30/12:30-3

Thursdays 9-11:30/12:30-2

Must be in the MVAO school district.

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SHELBY COUNTY FOOD PANTRIES & RESOURCES



Access to nutritious food is a fundamental need for every individual and family, yet there are times when assistance is necessary. This list of food pantries and resources for Shelby County provides individuals and families with options for food support in times of need. These local food pantries are dedicated to offering vital food assistance to those facing hunger. Whether you are experiencing short-term hardship or need ongoing support, these resources are here to help ensure no one goes without the nourishment they need.

Connections Area Agency on Aging

Home delivered 800-432-9209

Delivered on non-holiday week days

Meals are available for seniors (60+) and their spouse.

Meals are not prepared or delivered on weekends or holidays.

Harlan Senior Center 800-432-9209

Monday - Friday

Guests under age 60 may enjoy a meal with seniors at a hard charge of \$12.50 per meal.

Reservations must be made before 10:00 am the business day prior.

Meals are a suggested contribution of \$5.00 for congregate and \$5.25 for home delivered meals

Shelby Community Food Pantry

419 East St., Shelby

712-544-2404

Friday 8am-3pm

West Central Community Action

1017 7th St., Harlan

712-755-5602

M-F 8 am - 1 pm

Must be a client of WCCA and make an appointment.

Elk Horn Lutheran Church Food Pantry

4313 Main St., Elk Horn

712-249-6135

Tuesdays 4:30-6:30pm

Immanuel Lutheran Church

1700 19th St., Harlan

712-755-5207

Community Refrigerator - meals provided as available

WIC

1048 A Hwy 44, Harlan

712-355-3645 or 712-328-5886

1st & 3rd Tuesday 9 am - 3:30 pm

Pregnant, postpartum, breastfeeding

Anyone who cares for a child under 5 years

May be in need of income assistance

Can be receiving other benefits such as foster care, medical assistance, or SNAP

HMS Hub is committed to supporting the well-being of individuals and families in Harrison, Monona and Shelby Counties in Iowa. Through connecting resources and fostering collaboration, we aim to help bridge gaps in services, including food assistance. Our mission is to strengthen communities and ensure that every individual has access to the support they need to thrive. Together, we can build a stronger, more resilient community.

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