

# 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 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**

Home delivered & Congregate meals  
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

## **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

## **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.

## **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)

Tue & Thur 2 pm - 4 pm

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

## **WIC - Faith Lutheran Church**

316 15th 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



WIC Eligibility  
Application Form

*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

