



Des Moines County *Community Action* Food Resources OF SOUTHEAST IOWA

Food Pantries

Community Action Neighborhood Center

700 Jefferson St, Burlington, 319-753-2893
Emergency Food Pantry & Hygiene Items
Mon, Tues, Thurs, Fri, 8:30am – 4 pm
ID & Appointment requested, but not required

The Salvation Army

216 Columbus Dr, Burlington, 319-753-2038
Tues & Thurs, 9am - 12pm & 1pm – 2:45pm
Once a month, ID requested

St Vincent de Paul

700 Division Street, Burlington, 319-752-9332
Mon – Fri, 1 pm – 3 pm, anyone in Burlington
Social security card and photo ID

The Cupboard with City Hope

818 Maple St, Burlington, 319-572-8631
Mon, Wed, Fri 8a-11am, Tues 4-6pm
No documentation necessary, 1x/month

Foursquare Gospel Church

200 Curran St, Burlington
319-752-0261
2nd & 4th Thursdays 10 am – 12 pm
Or by appointment, 1x/month
ID requested but not required

Zion United Church of Christ

412 North 5th St, Burlington, 319-752-2305
Mon & Fri 9 am – 12 pm, Wed 1 – 4 pm
Lower side entrance under fire escape
Client choice/shopping style food pantry
w/personal care items
Non-perishable items, No documentation
required, No frequency limitations

Love Thy Neighbor

First Church of the Nazarene
1015 S Roosevelt Ave, Burlington
319-752-4245 ext 113
Monthly Free Food Box (income-based)
Call the church by the 10th of the month
Pick-up is on the 3rd Wed of the month

Little Free Food Pantry

Burlington Public Library, 210 Court St
Pantry is at the Main Street entrance
Available anytime for anyone

First Presbyterian Church

321 North 5th St, Burlington
Food bag giveaway
Third Thursday of the month, 4:30pm-6pm

Mediapolis Community Food Pantry

801 Middle Street **Mediapolis**
Mediapolis First United Presbyterian Church
319-394-3330
Tuesdays 1- 4pm

Free Meals

Salvation Army – See location info on top left

Daily meal: 11:15 am - 12:30 pm, Mon – Fri
Senior Breakfast Wed 9:30am (55+)

Hot Meal, Optimae Services

910 Cottonwood Ct. Suite 1001, Burlington
Mon-Fri: noon – 1pm, Open to all

Shepherd's Table Free Community Dinner

First Congregational & First Presbyterian Churches
313 N 4th St Burlington
Last Wed of every month 4:30-6pm

Free End of Month Community Meal

Grace United Methodist Church Parish Hall
1100 Angular, Burlington
Last Thurs of every month 5:30-6:30pm

Food Benefit Cards (EBT)

SNAP, Supplemental Nutrition Assistance Program through HHS (previously DHS)

To enroll online: <https://www.iowa.gov/how-do-i-apply-food-assistance>

Or call: 855-944-3663

3535 E Agency St Suite 102, Burlington
Burlington HHS Office: (319) 754-4622

WIC, Special Supplemental Nutrition

Program for Women, Infants and Children

Women: pregnant, nursing, <6 months post-partum
Children: 0-5

To enroll online: <https://caofseia.org/services/wic/>

Call: 319-209-2850 or Text: 319-759-4322

Clinic location: 801 S. Roosevelt, Burlington