



State Resources for Seniors in Iowa

At PayingforSeniorCare, we understand that learning about and accessing the assistance you need isn't easy. We created this guide to help seniors and their families learn about the available financial assistance options for senior living and senior care in your state so you can focus on what matters: finding the right senior care for your loved one. In the following resource guide, learn about the financial assistance options for senior care and senior living in your state, what benefits the different programs offer, who is eligible, and how to apply.

Food Assistance Programs for Seniors

Older adults need a balanced diet to ensure they get the minerals and vitamins they need to stay healthy. This is even more important for those with medical conditions that affect their appetite or make it difficult to eat. Iowa seniors can get assistance through meals on wheels, food pantries and government programs that help them obtain and afford the nutritious meals they need.

Meals on Wheels

Meals on Wheels helps thousands of adults throughout Iowa by delivering nutritious meals to their doors every week. Each branch serves a particular region and decides the age requirements for receiving meals and the delivery schedule.

	Area Served	Address	Phone Number
The Community Kitchen of North Iowa, Inc.	Seven counties in north Iowa	606 North Monroe Avenue, Mason City, IA 50401	(641) 424-2316
Meals on Wheels Fort Dodge	Fort Dodge	24 North 9th Street, Suite B, Fort Dodge, IA 50501	(515) 570-0965
Horizons Meals on Wheels	Eastern Iowa	819 5th Street SE, PO Box 667, Cedar Rapids, IA 52406-0667	(319) 398-3943
Milestones Area Agency on Aging Home Delivered Meals Program	Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne counties	935 East 53rd Street, Davenport, IA 52807	(855) 410-6222
Jasper County Elderly Nutrition Program	Jasper County	2401 1st Avenue East, Newton, IA 50208	(641) 792-7102
Heartland Senior Services Meals on Wheels	Story County	205 South Walnut Avenue, Ames, IA 50010	(515) 357-4573
Wesley Life Meals on Wheels	Des Moines	944 18th Street, Des Moines, IA 50314	(515) 699-3243

Food Pantries

Food pantries distribute basic food items to seniors and low-income individuals, such as canned goods, rice, pasta, and other staples. These pantries are located throughout Iowa and have their own eligibility criteria.

	Area Served	Address	Phone Number
Food at First	Ames	611 Clark Avenue, Ames, IA 50010	(515) 344-4357
CommUnity Food Pantry	Johnson County	1045 Highway 6 East Iowa City, IA 52240	(319) 351-0128
Coralville Community Food Pantry	Coralville and Tiffin	1002 5th Street Coralville, IA 52241	(319) 337-3663
Caring Hands Eastview Food Pantry	Polk County	4101 E 42nd Street, Des Moines, IA 50317	(515) 809-2356
Johnston Partnership Food Assistance	Polk County	5870 Merle Hay Road, Suite C, Johnston, IA 50131	(515) 528-2379
STC Food Pantry	South Tama County	137 West 3rd Street, Tama, IA 52339	(641) 691- 1670
Northeast Iowa Food Bank	Black Hawk County	1605 Lafayette Street, Waterloo, IA 50703	(319) 235-0507

Government Assistance Programs

If you require assistance that's not provided by meals on wheels or food pantries, the following government assistance programs may be able to help.

	Area Served	Address	Phone Number
Department of Human Service Supplemental Nutrition Assistance Program (SNAP)	Statewide	Contact your local DHS office	(800) 972-2017
Iowa Department on Aging Meal Services	Statewide	Contact your local Area Agency on Aging	(866) 468-7887