



**Older Americans Act Nutrition Services**

Congregate and home-delivered meal services provide nutrition and socialization for people age 60+, their spouse, and, in some cases, adults younger than 60 with disabilities. Eligible individuals receive a meal and access to other services like nutrition education, nutrition counseling, services to remain in their home and health and wellness programs. Meals are provided on a voluntary contribution basis.

**Contact information**

Area Agency on Aging  
✦ <https://hhs.iowa.gov/programs/programs-and-services/aging-services>

LifeLong Links  
☎ 866-468-7887  
✦ <https://lifelonglinks.org>

*This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).*



**Emergency Food**

Free meals and food are provided at places like food pantries, shelters and soup kitchens.

**Contact information**

- ☎ Call the 2-1-1 helpline to find source of food closest to you
- ✉ Text your zip code to 898211
- ✦ [www.211iowa.org](http://www.211iowa.org)
- ✦ Visit [www.feedingamerica.org](http://www.feedingamerica.org) to find the phone number for your local food bank. Then call the food bank to find a local food pantry, soup kitchen or meal site.

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to Food and Nutrition Service, USDA, 1320 Braddock Place, Room 334, Alexandria, VA 22314; or fax: (833) 256-1665 or (202) 690-7442; or email: [FNCSIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTSCOMPLAINTS@usda.gov)



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## Feeding Your Family in Tough Times

You already know that good food is important to your family's health. Tough times can make it hard to get the food your family needs to be healthy and happy. This booklet has information about several nutrition programs that can help.

### Healthy Choices on a Tight Budget

Iowa State University Extension and Outreach programs can help you learn strategies to make healthy choices for yourself and your family.

- Programs are offered in select counties for those who meet income guidelines.
- *Spend Smart. Eat Smart.* is a free resource with healthy recipes, how-to-videos and research-based nutrition information. Download our free app and visit our website to learn how to eat well while saving money.

### Contact Information

☎ Call 800-262-3804

👉 <https://bit.ly/isu-spend-smart>

### Women, Infants & Children (WIC)

WIC is a supplemental nutrition program that provides families with healthy foods, nutrition education, breastfeeding support and referrals to other health care agencies.

#### Qualifications

- Pregnant, postpartum, breastfeeding or have infants or children under 5 years old
- Meet income guidelines
- Live in Iowa
- Have a medical or nutritional need

#### Contact information

☎ 800-532-1579 or 515-281-6650

👉 <https://hhs.iowa.gov/programs/food-assistance/wic-iowa> or [www.signupwic.com](http://www.signupwic.com)

### Double Up Food Bucks

For every \$1 you spend on fresh fruits and vegetables with your SNAP EBT card, you get \$1 in Double Up Food Bucks which you can spend on more fruits and vegetables! The program is available in participating farmers markets, grocery stores and food co-ops in Iowa.

#### Contact information

☎ 515-650-6854

✉ [info@iowaHealthiestState.com](mailto:info@iowaHealthiestState.com)

👉 [www.doubleupiowa.org](http://www.doubleupiowa.org)

### School Nutrition Programs

The National School Lunch and School Breakfast programs provide free or reduced-price meals to qualifying students.

#### Qualifications

- Meet income guidelines or receive SNAP
- All migrant, homeless and foster children qualify

#### To Apply

Contact your child's school and request a Free or Reduced Price Eligibility Application.

<https://bit.ly/Nutrition-Programs>

### Summer Meal Programs

Children receive free meals during the summer in participating communities.

#### Qualifications

- People 18 years old or younger or those over 18 who possess a physical or mental disability and participate in a school program during the school year.

#### To Apply

📱 Text "Food" or "Comida" to 304-304

☎ Call these numbers:  
2-1-1 or  
1-866-3-HUNGRY (1-866-348-6479)  
or 1-877-8-HAMBRE (1-877-842-6273)

👉 [www.fns.usda.gov/meals4kids](http://www.fns.usda.gov/meals4kids)

### Supplemental Nutrition Assistance Program (SNAP)

Participants receive an Electronic Benefit Transfer (EBT) card to buy groceries at participating retailers, including supermarkets, grocery stores and some farmers markets.

#### Qualifications

- Meet income guidelines
- Be a citizen or legal immigrant
- All children who are born in the United States can apply even if their parents are not citizens

#### To Apply in Person

☎ Call 877-347-5678 for the location of the Health and Human Services office near you

#### To Apply Online

👉 <https://bit.ly/hhs-services-portal>

#### To Apply by Phone

☎ Call the Iowa Food Bank Association at 855-944-3663 from 8:00 a.m. - 5:00 p.m. Monday - Friday

