























WHAT AM I ELIGIBLE FOR?

Use the chart below to see what programs may be available for you and your family.

PEOPLE WITH CHILDREN				
PEOPLE WITHOUT CHILDREN				
LEGAL IMMIGRANTS				
UNDOCUMENTED IMMIGRANTS				
HOMELESS INDIVIDUALS				
SENIOR CITIZENS				

-  SNAP/Food Stamp Benefits
-  WIC Packages
School Breakfast & Lunch
Free Summer Meals for Children
-  Meals at Seniors Centers
Home-delivered Meals
-  Groceries at Food Pantries
-  Meals at Soup Kitchens



Hunger Task Force

Have any suggestions on how to make this Guide better? Or, to order additional copies of this guide, call (319) 356-6090

or send us an email at generalassistance@co.johnson.ia.us

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JOHNSON COUNTY GUIDE TO FOOD & ASSISTANCE



Hunger Task Force

2019

Including information on SNAP/Food Stamps, Meals for Kids, Senior Meals, Soup Kitchens, Food Pantries, Farmers' Markets, and more...







ABOUT

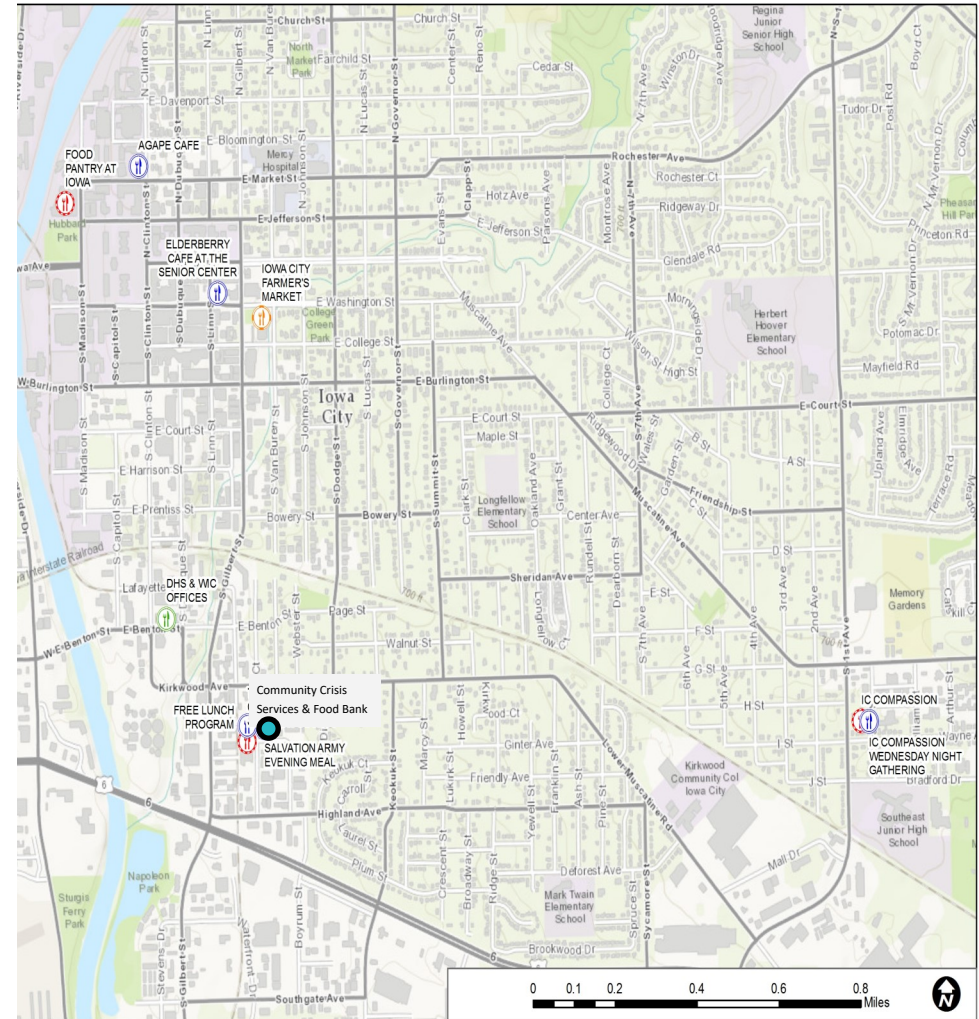
THIS GUIDE WAS PRODUCED BY HUNGER FREE AMERICA AND ADAPTED FOR THE PURPOSES OF JOHNSON COUNTY TO CONNECT THOSE IN NEED WITH FREE COMMUNITY RESOURCES. WE HOPE IT PROVES USEFUL TO YOU.

This Guide was developed by the Hunger Task Force and made possible by funding from the Johnson County Board of Supervisors.

This Guide is also available as a free PDF on our web site, www.johnson-county.com/ss

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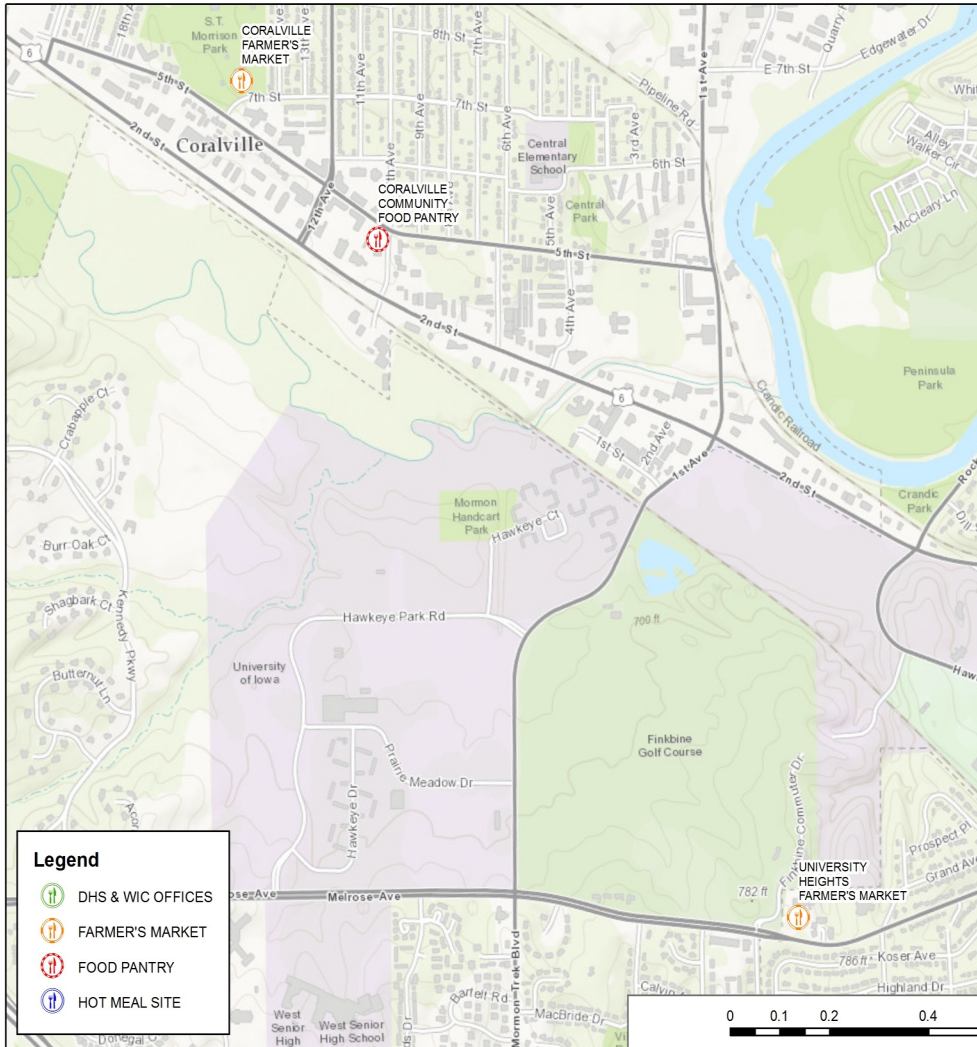
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SNAP/ FOOD STAMPS

SNAP benefits, the new name for food stamps, can help put healthy food on the table by providing monthly assistance to purchase food at authorized grocery stores and farmers' markets. Benefits are provided monthly through a plastic benefit card, similar to a debit or credit card.



TERMS

EBT

Stands for Electronic Benefit Transfer. It's the system the government uses to disburse benefits.

SNAP




Stands for Supplemental Nutrition Assistance Program. "SNAP benefits" is the same thing as "food stamps."

WHAT SHOULD I KNOW?

- ➡ Employment may not interfere with getting SNAP. Even if you are working, but earning low wages, you may be eligible.
- ➡ Average SNAP benefits are over \$100 per person per month, and \$250 or more for families. That means that SNAP benefits for the average family receiving them totals more than \$3,000 worth of food support each year.
- ➡ Iowa City farmers' markets accept SNAP benefits, so you can purchase fresh produce using your benefits. For a complete list of farmers' markets that accept them, see Page 11.

AM I ELIGIBLE?

SNAP Eligibility is based on household size, income, expenses and other factors. Households have to meet income tests to receive benefits, but households that have members who are disabled or elderly (60 or older), or have out-of-pocket expenses for child care or dependent care, can have higher incomes and still be eligible.

 NUMBER OF PEOPLE IN HOUSEHOLD	 MONTHLY INCOME LIMIT (PRE-TAXES) ¹	 MAX. MONTHLY SNAP BENEFITS ²
1	\$1,316	\$192
2	\$1,784	\$353
3	\$2,252	\$505
4	\$2,720	\$642
Each additional household member	+\$468 (approximately)	+\$144 (approximately)

¹ Effective 10/1/18 ² Effective 10/1/18

If you meet the above income qualifications, it doesn't matter how much money you may or may not have in countable resources. In other words, you can save money for education, a home purchase, or retirement and still receive SNAP benefits.

OTHER ASSISTANCE

There are many organizations that can assist you with matters other than food support. For additional information on local services contact Johnson County Social Services at 319-356-6090 or visit the website at www.johnson-county.com/ss for a more complete directory of resources.

COMMUNITY ORGANIZATIONS

Financial Assistance

Johnson County General Assistance 319-356-6090
 Hawkeye Area Community Action Program 319-337-5765
 Johnson County Veterans Affairs 319-356-6049
 CommUnity Basic Needs Program 319-351-0128
 Department of Human Services 319-356-6050

Crisis Intervention

CommUnity Crisis Services and Food Bank 319-351-0140
 CommUnity Crisis Services Crisis Call/ Text 1-855-325-4296
 Mobile Crisis Outreach 1-855-800-1239
 National Suicide Lifeline 1-800-273-8255
 Domestic Violence Intervention Program 319-351-1042
 United Action for Youth 319-338-7518

Emergency Shelter: Shelter House 319-351-0326

Health: Iowa City Free Medical and Dental Clinic 319-337-4459

Legal: Iowa Legal Aid 319-351-6570

Transportation: Johnson Co. Mobility Coordinator 319-356-6090



FROM THE FARM

Farmers markets allow customers to buy fresh produce and other homemade products directly from local growers and producers.

FARMERS' MARKETS

Iowa City farmers' markets accept EBT/SNAP (food stamps). Through the Double Up Food Bucks program up to \$10 spent per market with your SNAP EBT card will be matched at Iowa City farmers markets.

Iowa City Farmers Market

Chauncey Swan Ramp
400 block of Washington Street, Iowa City
Wed 5pm - 7pm, May 1 - Oct 30 2019

Sat 7:30am - 12pm, May 4 - Oct 26 2019

Coralville Farmers Market

Coralville Community Aquatic Center
Parking Lot
1513 7th Street, Coralville

Mon 5pm - 7pm, May 6- Oct 7 2019

Oxford Farmers Market

West Hall at the Oxford American Legion
126 E. Main Street, Oxford

Wed 5-7 pm, Beginning May 29

Solon Farmers Market

Mushroom Park parking lot
Corner of Hwy 1/ S. Market St & Hwy 382/ E. Main St.

Tues 4-6 pm, Beginning June 4

University Heights Market

200 block of Marietta Street, Iowa City

Tues 5-7 pm, June through August

Swisher Farmers Market

West of the Swisher Library, 72 2nd St. SE, Swisher

Thurs 430-6:30 pm, June 6– October



IMMIGRANT ELIGIBILITY FOR SNAP

Legal immigrants can often receive SNAP benefits if they:

- have lived in the country for 5 years or more; **or**
- are children (ages 18 or under).

- ➔ Ineligible immigrant parents can still receive benefits for their children even if a parent does not qualify.
- ➔ Certain non-citizens, such as those admitted for humanitarian reasons, may also be able to receive benefits.
- ➔ Immigration status is not negatively affected if you apply for or receive SNAP benefits.

HOW TO APPLY FOR SNAP

1 Apply Online

Apply for SNAP benefits online at:

<https://secureapp.dhs.state.ia.us/oasis/OASIS0100.aspx>

Call the Iowa Food Bank Association's Food Assistance Hotline at 855-944-3663 to speak with someone who can help you with the SNAP application. Hours are 8:00-4:30 Monday-Friday.

2 Apply in-person at the Department of Human Services

Johnson County Department of Human Services

855 S Dubuque Street, Suite 102, Iowa City, IA 52240

319-356-6050



FOOD PANTRIES

Food pantries supplement groceries to be prepared at home. While we try to keep this list as accurate and up-to-date as possible, we recommend calling the agency to confirm their schedule before going.

CommUnity Crisis Services and Food Bank

1121 S Gilbert Court, Iowa City, IA 52240
319-351-0128

Food Pantry: Mon, Wed, Fri 12pm - 4:30pm, **Tue** 12pm - 7pm, **Thu** 9:30am - 4:30pm

IC Compassion Food Pantry

1035 Wade St., Iowa City, IA 52240
319-330-9883

Food Pantry: **Wed** 12:00pm - 4:00pm, **Thu** 5:30pm - 7:00pm

Food Pantry at Iowa

125 N Madison Street Room 209, Iowa City, IA 52245

Hours change each semester. Please visit [https://](https://leadandserve.uiowa.edu/organizations/food-pantry/)

leadandserve.uiowa.edu/organizations/food-pantry/ for current hours.

Must be affiliated with the University of Iowa: student, faculty, or staff.

Coralville Community Food Pantry

1002 5th Street, Coralville, IA 52241
319-337-3663

Food Pantry: Tue 2pm - 6pm, **Wed** 5pm - 7pm

Thu 10am - 12pm, **Sat** 10:30am - 1pm

Photo ID and proof of address **required**. Must be resident of Coralville or Tiffin.

Salvation Army Food Shelf

1116 S Gilbert Court, Iowa City, IA 52240
319-337-3725

Food Pantry: **Mon-Friday** 1-2pm

Simple and Free Pantry Exchange at The Center

28 S. Linn Street, Iowa City, IA 52240
319-356-5220

Food Pantry: **Mon-Friday** 8-5pm



SENIOR MEALS

SENIOR MEAL SITES

Elderberry Café at the Senior Center

28 S Linn Street, Iowa City, IA 52240
319-338-0515

Meal Served: Mon - Fri 11am - 12:30pm

Suggested contribution \$3 age 60+, \$5 under age 60

Lone Tree Senior Dining Congregate Meal Program

203^{1/2} N Devoe Street, Lone Tree, IA 52755
319-629-5144

Meal Served: Mon - Fri Meal served at 11:45am. Call by 10 am to request a seat or delivery \$4.50/meal age 60+. \$5.50/meal under age 60, Additional \$1.00/meal for delivery

Old Gold Diner

122 North West St, Solon, IA 52333
319-624-2251

Meal Served: Mon - Fri 11:30am – 1pm

Make a reservation by 1pm the day before, call Friday to reserve for Monday. Cost: \$3.35/meal

North Liberty Senior Dining

520 W Cherry St. North Liberty, IA 52317
319-626-5716

Meal Served: Fridays 11:30am – 1pm

Call by noon on Thursday to make a reservation. Cost: \$5 /meal

Super Sixties Lunch

St. Mary's, 133 E. Main, Oxford, IA 52322
319-828-4784

Meal Served: Wed 12pm

MEALS-ON-WHEELS PROGRAM

If you are homebound and over the age of 60, you can receive home-delivered meals up to 6 days a week. Household income does not affect eligibility.

HOW TO APPLY

To request Meals-on-Wheels, call Elder Services at 319-338-0515



HOT MEAL SITES

Hot meal sites provide prepared meals during their listed serving times. While we try to keep this list accurate and up-to-date, we recommend calling the agency to confirm their schedule. None of the agencies listed require ID or proof of address.

Agape Café

26 E Market Street, Iowa City, IA 52240
319-351-2211

Meal Served: Wed 7am - 8:30am (Closed during the summer)
Free hot breakfast every Wednesday morning.

Free Lunch Program

1105 S Gilbert Court, Iowa City, IA 52240
319-337-6283

Meal Served: Mon - Sat 12pm - 1pm
Free hot lunch served Monday through Saturday

Salvation Army Evening Meal

1116 Gilbert Court, Iowa City, IA 52240
319-337-3725

Meal Served: Mon - Friday 5pm –6pm, **Sunday** 9 am
Free hot dinner served Monday through Friday

IC Compassion Wednesday Night Gathering

1035 Wade Street, Iowa City, IA 52240
319-330-9883

Meal Served: Wed 5pm - 6pm
Free community meal for all every Wednesday evening

North Liberty Community Pantry

89 North Jones Blvd, North Liberty
319-626-2711

Food Pantry: **Mon, Wed, Sat** 10am - 12pm, **Tue, Thu** 10am - 12pm, 3pm - 6pm
Photo ID and proof of address **required**. Must live in Johnson County excluding Coralville and Iowa City.

Solon Community Food Pantry

122 North West Street, Solon
319-430-8655

Food Pantry: **Mon** 2pm - 6pm

CCA Community Food Pantry

In between 311 and 551 W Marengo Rd. in the
Family Resource Center
319-545-2281

Food Pantry: **Mon** 4pm - 6:30pm,
Wed 2pm - 4pm,
Thu 8:30am - 11:00am
Must live in the Clear Creek
Amana school district.

Saint Joseph's Food Pantry

209 Brady Street, Hills
319-679-2271

Food Pantry: **Wed** 10am - 12pm

Lone Tree Community Food Pantry

110 W Elm Street, Lone Tree
319-629-4900

Food Pantry: **Mon, Tue, Wed, Thu** 9am - 12pm

Must live in Lone Tree or be enrolled in the Lone Tree School District.

**Having trouble getting to a food pantry? CommUnity Food Bank operates a mobile food pantry that visits various locations in Johnson County each month. Call 319-351-2726 ext. 129 or visit <https://builtbycommunity.org/mobilepantry/> to find out if a mobile pantry distribution site could better serve you.*



FOOD FOR KIDS

WIC is The Special Supplemental Nutrition Program for Women, Infants, and Children. WIC provides nutritious food and baby formula, health screenings, education, and breastfeeding support. Food is accessed at a store using a benefit card.

QUICK FACTS

- ➔ WIC is for low-income pregnant women, breastfeeding and postpartum women, and children up to the age of five.
- ➔ You can work and still get WIC (though there are eligibility guidelines based on family size and gross income)
- ➔ You can continue to get cash assistance or SNAP benefits food stamps while receiving WIC.
- ➔ **Immigrant eligibility:** You can get WIC even if you are undocumented or not a citizen.

HOW TO APPLY FOR WIC

Call the Johnson County WIC Clinic to schedule an appointment.

Be sure to bring the following to your appointment:

- proof of income or Medicaid card
- proof of your address
- proof of identity for each family member applying to WIC

Johnson County WIC Clinic

855 S Dubuque Street, Iowa City IA 52240 319-356-6042

Hours: **Mon & Wed** 8am - 6pm, **Tue, Thu, Fri** 8am - 4:30pm,

SCHOOL AND SUMMER MEALS

QUICK FACTS

- ➔ Youth may be eligible for free breakfast before school during the school year. Check your local school for eligibility criteria.
- ➔ Many public school students are also eligible for free or reduced price lunch. An application may be required. Eligibility for school meals is **not** impacted by immigration status.
- ➔ In June, July and August, lunch and breakfast are served for free to all children under 19 at many public schools, houses of worship, recreation centers, and community centers - no application or registration required.
- ➔ Backpack programs are offered at some elementary schools in Johnson County to supplement free and reduced lunch foods over the weekends. The program provides single-serving foods to students in a backpack they take home.
- ➔ Contact your school's Family Resource Center or Student Family Advocate to learn more information about school breakfast and lunch programs, and to see if your school offers a backpack program.

SUMMER LUNCH

For a list of summer meal programs please contact Johnson County Social Service at 319-356-6090 or visit www.johnson-county/ss for a complete listing.

You can also reach out to individual programs:

- Coralville Recreation Center 319-248-1750
- North Liberty Recreation Center 319-626-5716
- Iowa City Community School District 319-688-1000