

BREMER COUNTY FOOD RESOURCES

31% of households in Bremer County struggle to meet the minimum monthly household survival budget, including food, housing, healthcare, and childcare.

If you are someone you know has a food need, the following options are available:

FOOD PANTRIES

Bremer County Food Pantry: Northeast Iowa

Community Action Corporation

Location: 1805 Horton Road, Waverly

Contact Info: 319-352-4532

Eligibility: Must complete TEFAP form

Call for an appointment or book online at
www.neicac.org

His Hands Food Pantry

Location: 5002 Main Street, Oran

Contact Information: (319) 638-4357

Eligibility: Call to see if you are eligible

Little Free Pantries

Location: Redeemer Lutheran Church,

2001 W. Bremer Ave

Available in the North parking lot. Open 24/7.

Location: Waverly-Shell Rock Area United Way, 109 4th
St SW, Waverly

Eligibility: Please take only what you need.

Waverly Mobile Pantry

Location: Waverly City Hall, 200 1st St NE, Waverly IA

Day/Time: 2nd Tuesday of each month, 5:30-6:30 pm.

Contact Information: NEIFB (Northeast Iowa Food Bank) (319) 235-0507 with any questions

Eligibility: Open to all individuals facing food insecurity, participants must complete TEFAP form

MEALS FOR KIDS

Free and Reduced School Breakfast/Lunch

Programs Offered: Offers free or discounted prices for school lunch for families that qualify

Contact Information: Contact your local school district to complete application.

Waverly-Shell Rock Area United Way

Programs Offered: Summer Meals Program

Contact Information: (319) 352-2582 or

director@wsrunitiedway.org

Where: Trinity Methodist Church, 1400 W Bremer Ave
Pick Up Tuesday/Thursday

Eligibility: Available to kids 0-18. Child or Legal Guardian must be present to pick up.

COMMUNITY MEALS

A Cup of Water Meal

Location: Heritage Methodist Church

1201 230th St, Waverly

Day/Time: Thursday 5:30-6:30pm

Eligibility: Open to all. Providing a hot meal as well as groceries to go.

Saints Café

Location: St. Paul Lutheran Church

301 1st St. NW, Waverly

Day/Time: Last Monday of each month, 5:00-6:30pm

Eligibility: A community meal open to all. Transportation available: 319-352-3850.

St. Paul

Location: 301 1st St NW, Parish Hall

Day/Time: Wednesday 4:45-5:45pm

Eligibility: Open to all.

FOOD ASSISTANCE

Department of Human Services

Programs Offered: SNAP (Supplemental Nutritional Assistance Program), also known as Food Stamps

Contact Information: Questions about food assistance
1-800-873-1340; Apply 1-855-944-3663

Eligibility: Income and resource limits based on household size and composition

WIC (Women, Infants, & Children)

Programs Offered: Nursing and dietitian Assistance, Peer Counseling for Breastfeeding Women, and the provision of food instruments for women and/or children who qualify

Contact Information: (319) 291-2065

Eligibility: Families may qualify if they are women who are pregnant, breastfeeding, postpartum, or have children under the age of five. Additionally, there are income guidelines

HOLIDAY MEALS

Thanksgiving Meal Bundles – Contact Waverly-Shell Rock Area United Way (319-352-2582) or Northeast Iowa Community Action (319-352-4532)

Thanksgiving Day Hot meal – St. Paul Lutheran Church. All are welcome to attend; please reserve a place by calling the church office (319-352-3850).

OTHER SUPPORTS

Bremer County Iowa State University Extension & Outreach

Programs Offered: Science and research-based nutritional and family information, plus a toll-free nonautomated "answer line"

Contact Information: (319) 882-4275

xbremer@iastate.edu

Eligibility: Open to all

Bremer County Veterans Affairs

Programs Offered: Veteran General Assistance

Contact Information: (319) 352-4209 or

dbonzer@co.bremer.ia.us

Eligibility: Must be a veteran or immediate family member (spouse, dependent adult, or child) as defined by Chapter 35.1 of the Iowa Code and have a basic, emergency need that cannot be met by other means.

Northeast Iowa Area Agency of Aging

Programs Offered: Home Delivered Meals, Iowa Cafe Meals, and frozen and shelf-stable meals for the weekends and inclement weather (meals are offered to eligible participants on a contribution basis)

Contact Information: 1- 800-779-8707

Eligibility: Individuals 60 years of age or older and spouses of any age. Additional services may be available for those 60 and over for those disabled between 18 and 60.

Northeast Iowa Community Action Corporation (NEICAC)

Programs Offered: LIHEAP (Low-Income Home Energy Assistance), ECIP (Energy Crisis Intervention Program), Emergency Utility and Rent Assistance, Head Start Program (Preschool of 3-5 year olds), Weatherization, and FaDSS (Family Development & Self-Sufficiency) Program

Contact Information: M, W 8-4:30pm and T, TH, F 8-3pm. Call (319) 352-4532 for an appointment

Eligibility: Programs may be based on household income

Waverly Caring Assistance Network

Programs offered: Provides connections to crisis support through: Denver Cares, Redeemer Lutheran Church, Salvation Army, St. Marys Church, St. Pauls Church, Waverly Ministerial Alliance, Waverly-Shell Rock Area United Way Crisis Fund

Contact Information: 319-407-0204 or apply online at www.wsrunitiedway.org/CAN

Eligibility: Must reside in Bremer County, Shell Rock, or Clarksville

Waverly-Shell Rock Area United Way

Programs offered: Diaper Bank, Holiday Assistance, Back to School Project, Warm Wishes (Coats),

Contact Information: 319-352-2582

www.wsrunitiedway.org

Eligibility: Must reside in Bremer County, Shell Rock, or Clarksville

Household Size	Headstart	Free School Lunch, SNAP	TEFAP, WIC, Reduced School Lunch	LIHEAP
1	15,960	20,748	29,526	31,920
2	21,640	28,132	40,034	43,280
3	27,320	35,516	50,542	54,640
4	33,000	42,900	61,050	66,000
5	38,680	50,284	71,558	77,360
6	44,360	57,668	82,066	88,720
7	50,040	65,052	92,574	100,080
8	55,720	72,436	103,082	111,440



Waverly-Shell Rock Area
UNITED WAY