

Siouxland Food & Nutrition Resources





The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life. In 2022, 17 million U.S. households were food insecure at least some time during the year, meaning they had difficulty providing enough food for all their members because of a lack of resources.

In Woodbury County, 12% of the population is food insecure with many not aware of the different types of food resources in the community. This toolkit has been created as a guide to assist community members and organizations find various food resource options.

If you would like to provide additional resources to this toolkit, please contact Anais Mares, contact information is below.

Anais Mares

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Connections Area Agency on Aging

Connections Area Agency on Aging has vouchers available for this program for seniors who reside within the 20 counties served by the agency. Seniors meeting income requirements can obtain vouchers that they can use at participating area Farmers Markets to buy \$50.00 worth of fresh, locally-grown produce. Guidelines for this program are set by the USDA.

To request an application, call 800-432-9209 and leave a message with the senior's name and phone number. All calls will be returned within five business days of receiving the order. Applications will then be mailed out every Thursday with an addressed return envelope. Once completed applications are received, vouchers will be mailed to the applicant. Please note incomplete applications will not receive vouchers until all information is provided.

Program Criteria:

- Must be at least 60 years of age or older.
- Annual income must be less than:
\$26,973 Single
\$36,482 Married
- When a staff member returns your call, please indicate whether you are applying as an individual or a married couple.

Address: 2301 Pierce St. Sioux City, IA 51104

Phone: (800)432-9209

Website: <https://www.connectionsaaa.org/>



Dakota County Voices for Food/ Nebraska Extension

Dakota County Voices for Food is a community-based food council, focused on addressing food security issues in the community. They are a resource for food bank referrals, food/meal programs and assistance, fresh produce for low-income residents, and a community resource for information for low-income residents in Dakota County NE.

Nebraska Extension contains several educational materials on food, nutrition, and health on their website: <https://extension.unl.edu/statewide/dakota/educational-programs/food-nutrition-health/>

Address: 1505 Broadway P.O. Box 129 Dakota City, NE 68731

Phone: (402)987-2140

Website: <https://extension.unl.edu/statewide/dakota/voices-for-food-0/>



Food Bank of Siouxland

The Food Bank of Siouxland is the only warehouse/distribution center specifically for food pantries in the Siouxland region whose mission is “Leading Siouxland in the fight against hunger.” They provide food and personal care items to over one hundred agency partners located in Cherokee, Crawford, Ida, Lyon, Monona, Plymouth, Sioux and Woodbury counties in northwest Iowa and Burt, Dakota, and Thurston counties in northeast Nebraska. For every dollar donated to the Food Bank of Siouxland, they are able to supply 5 meals to friends and neighbors in need in the Siouxland community.

Programs Include:

- **Backpack Program (Food for Kids):** Provides a sack of food on Friday for elementary school children.
- **Mobile Pantry (Food for You):** Food pantry on wheels. Brings thousands of pounds of food to a host location for families and individuals to take home.
- **Mobile School Pantry (Food for Families):** Mobile pantry located on school grounds for students and their families.

Volunteer Opportunities:

General volunteer hours are Mondays from 11 A.M.-1 P.M. and Tuesday, Wednesday and Thursdays from 10 A.M.-12P.M. or 1 P.M.-3 P.M. If you would like to sign up for any of these times give call at least a day before you plan on going at 712-255-9741. General warehouse volunteers typically sort and box donations. More information about volunteering or specific events and programs can be found at: <https://www.siouxlandfoodbank.org/get-involved>

You can also find a list of local food pantries at: <https://www.siouxlandfoodbank.org/get-food>

Address: 1313 11th St. #1 Sioux City, IA 51105

Phone: (712)255-9741

Website: <https://www.siouxlandfoodbank.org/>

FOOD BANK



OF SIOUXLAND INC.

Iowa State Extension

Woodbury County Extension serves Iowans through four program areas: Agriculture and Natural Resources, Human Sciences, 4-H Youth Development and Community Economic Development. They offer the following EFNEP and SNAP-ED education services in Woodbury County:

Buy. Eat. Live Healthy.

Buy. Eat. Live Healthy is designed to teach the main messages of the Dietary Guidelines for Americans and MyPlate. Intended audience are individuals and families with limited income. Topics include:

- **Welcome** - Participants practice knife and measurement skills used in cooking.
- **Get Moving** - Participants enjoy being active.
- **Plan, Shop, \$ave** - Participants plan and shop for meals and snacks that are healthy and within their budget.
- **Fruits & Veggies: Half your Plate** - Participants increase the amount of vegetables and fruits they eat every day to make half their plate fruits and vegetables.
- **Make Half your Grains Whole** - Participants choose at least half of their grains as whole.
- **Vary Your Protein Routine** - Participants select lean protein foods and keep all food safe to eat.
- **Build Strong Bones** - Participants get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
- **Small Changes Matter** - Participants limit foods high in fat, sugar, and salt.
- **Healthy Pregnancy (optional)** - Pregnant women make healthy decisions through proper nutrition and lifestyle choices.
- **Feeding Children (optional)** - Parents will develop positive eating and physical activity behaviors in their children.

Plan Shop Save and Cook

Participants learn how to identify healthy choices that also save money and they practice skills like cooking and meal planning. Intended audience are individuals and families with limited resources. Topics include:

- Plan meals ahead

- Save money at the grocery store
- Understand food labels
- Cook healthy meals and snacks

Kids in the Kitchen

Program staff meet with a consistent group of 10-15 youth for 7 one-hour sessions. Youth engage in physical activity and prepare recipes while learning about nutrition, kitchen safety, and movement. Intended audience include schools and organizations who serve youth in kindergarten-5th grade for afterschool programs or during the summer. These schools and organizations must serve youth populations with a minimum of 40% free and reduced lunch rate, or at least 40% of the youth are from families who are at or below 185% of poverty.

Topics:

- **Kitchen and Food Safety** - Youth develop food safety skills in the kitchen.
- **Physical Activity** - Youth develop positive physical activity behaviors.
- **Fruits & Vegetables** - Half your plate should be fruits and veggies
- **Grains** - Make half your grains whole.
- **Dairy** - Build strong bones and get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
- **Protein** - Go lean with protein and keep all food safe to eat.

* EFNEP and SNAP-Ed nutrition education programs offer free (income guidelines apply) nutrition classes to help lowans access nutritious food, cook healthy meals at home, and handle food safely. Depending on location in Iowa and eligibility, staff offer three series that help participants make healthy choices on a budget: Buy. Eat. Live Healthy, Plan Shop Save and Cook, or Kids in the Kitchen.

Address: 4728 Southern Hills Dr, Sioux City, IA 51106

Phone: (712)276-2157

Website: <https://www.extension.iastate.edu/woodbury/>

Northeast Nebraska Community Action Partnership

Northeast Nebraska Community Action Partnership (NENCAP), Inc. is a private, non-profit corporation, incorporated under the laws of the State of Nebraska, and headquartered in Pender, Nebraska. NENCAP serves an income-eligible population in a 14-county area of Northeast Nebraska, including the counties of Antelope, Burt, Cedar, Cuming, Dakota, Dixon, Dodge, Knox, Madison, Pierce, Stanton, Thurston, Washington and Wayne.

Food Nutrition programs offered:

Commodity Supplemental Food Program - Nutritious, supplemental foods are provided to seniors aged 60 and over by the USDA on a bi-monthly basis.

Women, Infants & Children (WIC) - Participants receive tailored nutrition and health education services. Benefits are also issued to provide healthy food and infant formula to eligible mothers and children up to age 5.

Food Pantries - With locations in Creighton, Norfolk, South Sioux City and Pender, food pantries provide up to one week's food supply based on household size. Clients are eligible four times per year (once per quarter).

Address in South Sioux City: 2120 Dakota Ave, South Sioux City, NE 68776

Phone: (402)494-1429

Website: <https://nencap.org/>



Siouxland District Health Department

Creating a “**healthy community for all**” is the vision of the Siouxland District Health Department. As the Public Health agency for Woodbury County, Siouxland District Health continues to evolve to address the needs of the community. Services include public health nursing, nutrition, laboratory, health planning and environmental services in Woodbury County with expanded environmental programs in ten northwest Iowa counties.

Food and nutrition programs:

Women, Infants and Children (WIC)- A supplemental food program serving eligible pregnant, breastfeeding, and postpartum women, infants, and children to age 5. Eligible participants can also receive farmer’s market nutrition vouchers.

Community gardens- A list of available community gardens in the area can be found at: <https://www.siouxlanddistricthealth.org/services/health-promotion-prevention/nutrition/community-gardens>

Siouxland Food and Nutrition Coalition- The Siouxland Food and Nutrition Coalition looks to promote sustainable food security and advance nutrition education through collaborative partnerships, innovative programs, and community engagement. Our mission is to ensure that all individuals have access to nutritious food and the knowledge to make informed dietary choices, fostering healthier communities and empowering people to lead fuller, more vibrant lives. For more information email amares@siouxlanddistricthealth.org.

Address: 1014 Nebraska St. Sioux City, IA 51105

Phone: (712)279-6119

Website: <https://www.siouxlanddistricthealth.org/home>



Siouxland Family Center (Boys and Girls Home)

Siouxland Family Center is a community center providing an emergency food supply, translation services and a liaison to other agencies promoting a seamless assimilation into the community.

Address: 2101 Court St. Sioux City, IA 51104

Phone: (712)293-4700

Website: <https://boysandgirlshomeiowa.org/siouxland-family-center/>



Siouxland Soup Kitchen

Siouxland Soup Kitchen provides a hot meal to anyone in need. They serve between 150-200 meals per night. Diners are served between 4:30pm-5:30pm Monday through Friday and 12:00pm-1:00pm Saturdays.

Address: 717 W 7th St. Sioux City, IA 51103

Phone: (712)258-0027

Website: <https://siouxlandsoupkitchen.com/>



The Gospel Mission

The Gospel Mission is a nonprofit, non-denominational Christian ministry dedicated to serving the homeless in Siouxland.

Food Services:

- Agape Dining Hall and Soup Kitchen: staff and volunteers cook three meals a day, every day, for shelter residents and guests in need of a meal.
- Food Pantry: Food pantry is open from 9:00 a.m. to 10:30 a.m., Monday, Wednesday, & Friday. This service exists to provide groceries to the food-insecure in our community

Address: 500 Bluff St. Sioux City, IA 51103

Phone: (712)255-1769

Website: <https://thegospelmission.org/>



Up from the Earth

Up from the Earth is a voluntary system for connecting home gardeners who plant, grow, and share produce to people in need. The program encourages home gardeners to "grow an extra row". Volunteers distribute excess fruits and veggies to those in need through existing food pantries.

Produce is taken from the designated collection sites to local food pantries who have storage to distribute it to their guests.

Website: <https://upfromtheearth.wixsite.com/siouxland>

