

Food Bank & Food Resource Guide:

AUDUBON &
GUTHRIE
COUNTIES

County Wide

Always call or check Facebook/website before you go. Hours and requirements can change.

Bring a photo ID and proof of address if you have it.

COUNTY-WIDE SUPPORT (BOTH COUNTIES)

New Opportunities, Inc. – Family Development Centers

Community action agency for **food pantries, WIC clinics, LIHEAP, SNAP help, and other assistance.**

- **Audubon County Family Development Center**
 - Address: *likely* 109 Tracy St, Audubon, IA 50025 (verify locally)
 - Phone: **712-563-2777** (main number listed for Audubon office)
 - Services: Monthly food pantry boxes, WIC clinics, application help for SNAP, Medicaid, LIHEAP, etc.
 - Note: Also coordinates the **Audubon Food Pantry** and Exira pantry support.
- **Guthrie County Family Development Center**
 - Address: **400 State St, Guthrie Center, IA 50115**
 - Phone: **641-747-3845**
 - Typical hours (check seasonally):
 - Sept–Apr: Mon–Fri 9:00 a.m.–3:00 p.m.
 - May–Aug: Mon–Tue 8:00 a.m.–12:00 p.m.; Wed 12:30–4:30 p.m.; Thu–Fri 8:00 a.m.–12:00 p.m.
 - Services: Emergency food pantry, WIC, energy assistance, SNAP and other benefit applications.

4. WIC, SNAP & OTHER FOOD BENEFITS

WIC (Women, Infants & Children)

- WIC clinics for **Audubon & Guthrie Counties** are operated by New Opportunities.
- Services:
 - Monthly food benefits for pregnant/postpartum women and kids under 5
 - Breastfeeding support, nutrition counseling, breast pumps
- To apply or schedule: Call your local **New Opportunities Family Development Center** (Audubon: 712-563-2777; Guthrie: 641-747-3845).

SNAP (Food Assistance), LIHEAP & Other Help

- Iowa HHS and New Opportunities can help you apply for:
 - **SNAP (Food Assistance)**
 - **LIHEAP (energy assistance)**
 - **Commodity Supplemental Food Program** and **Emergency Food Assistance Program**
- Apply:
 - Online through Iowa HHS, or
 - In person/with help at New Opportunities offices in Audubon or Guthrie Center.

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Audubon County

A. Community Food Pantries

1. Audubon Food Pantry (New Opportunities Office)

- Location: Inside **New Opportunities Audubon County Family Development Center**, 109 Tracy St, Audubon.
- Phone: **712-563-2777**
- Notes:
 - Monthly food box for Audubon County families.
 - Often needs: shelf-stable milk, paper products, personal care items.
 - Cash donations stretch farther than groceries (can buy in bulk).

2. Exira Christian Church Food Pantry – “Exira Food Pantry”

- Address: **201 E Main St, Exira, IA 50076**
- Phone: **712-268-5498**
- Who they serve: Exira–Elk Horn–Kimballton (EHK) school district and broader Audubon County.
- Hours (examples from recent postings – verify locally): often **Thursdays 1–4 p.m.** for pantry and summer kids’ food program.

B. Mobile Food Pantry – Audubon

Food Bank of Iowa Mobile Pantry – Audubon

- Host: Food Bank of Iowa, in partnership with local volunteers.
- Location: 601 Southside Ave Audubon, IA 50025 Mobile Distribution
- What you get: Produce, meat, bread, and shelf-stable items distributed “farmers market style.”

C. School-Based Food Supports (Audubon County)

1. Exira-Elk Horn-Kimballton (EHK) School Pantry

- Address: **105 E School St, Exira, IA 50076**
- Program: Food Bank of Iowa **School Pantry Program** for students and families.

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Guthrie County

A. Community Food Pantries

1. New Opportunities – Guthrie County Food Pantry

- Address: **400 State St, Guthrie Center, IA 50115**
- Phone: **641-747-3845**
- Hours: **Mon–Fri 9 a.m.–3 p.m.**, with slightly different summer schedule (see section above).
- Services: Emergency food boxes, TEFAP commodities, SNAP assistance, other basic-needs programs.

2. A-C Food Pantry – Casey (Healthy Kids Iowa site)

- Address: **100 E 2nd St, Casey, IA 50048**
- Serves: Families in **Guthrie County** (especially A-C schools/area).
- Hours:
 - **Thursdays: 6:00–8:00 p.m.**
 - **Saturdays: 9:00–11:00 a.m.**

3. Faith Bible Church / Panora Food Pantry

- Address: **Faith Bible Church, 2096 Iowa Hwy 4, Panora, IA 50216**
- Phone: **641-755-3034**
- Who they serve: Residents of **Guthrie County** and the **Panorama School District**.
- How it works: Call the church to discuss your needs and schedule pantry access; distributions are typically every other month or at scheduled Saturday events.

4. Dexter Rural Neighbors Food Pantry (nearby, serves Guthrie County)

- Address: **Presbyterian Church, 823 State St, Dexter, IA 50070**
- Phone: **515-789-4538**
- Service Area: Dallas, **Adair, and Guthrie** counties.
- Access: Call to make an appointment; no fee; photo ID requested.

B. Mobile Food Pantry – Panora (Guthrie County)

Food Bank of Iowa Mobile Pantry – Panora

- Typical Location: **Panora (often Veterans Auditorium Gym, 115 W Main St, Panora)** for scheduled mobile distributions.
- What you get: Meat, produce, bread, and non-perishable foods at no cost.
- How to find dates:
 - Check Food Bank of Iowa's **Mobile Pantry – Guthrie County – Panora** listing or their monthly calendar.

C. School-Based Food Supports (Guthrie County)

1. Panorama School Food Pantry (Panora)

- Location: At Panorama School – **S1 Door by the outdoor greenhouse** (Panora campus).
- Who they serve: **Open to everyone** – you do *not* need to have a child in the district.
- Hours: Seasonal/summer hours posted on school Facebook; check for latest days and times.

(Other Guthrie County districts may have backpack or pantry programs—check with school counselors or secretaries.)

D. Cottage Pantry

- Address: **117 N Sherman St., Stuart, IA 50250.**
- Phone: 515-401-6511.
- Notes: Serves the area including the West Central Valley School District.
- Hours : Wednesday afternoons (e.g., 1:30 pm-4:45 pm) behind the bowling alley, though users should call ahead to confirm.

5. HOW TO USE THIS GUIDE / QUICK REFERRAL SCRIPT

For front-desk staff, nurses, social workers, and pastors:

1. Start with New Opportunities

- They can connect people to **food pantry, WIC, SNAP, LIHEAP** and more in *either* county.

2. If they're in AUDUBON COUNTY...

- Closest options will usually be:
 - **Audubon Food Pantry (New Opportunities)**
 - **Exira Christian Church Food Pantry**
 - **Mobile Food Pantry – Audubon Lu**(Food Bank of Iowa dates)

3. If they're in GUTHRIE COUNTY...

- Start with:
 - **New Opportunities Guthrie County Food Pantry (Guthrie Center)**
 - **A-C Food Pantry (Casey)**
 - **Faith Bible Church / Panora Food Pantry**
 - **Panorama School Food Pantry**
 - Plus any nearby **mobile pantry** dates.

4. If transportation is a barrier:

- Explore:
 - School pantries/backpack programs
 - Combined trips with family, church, or community volunteers
 - New Opportunities may know of local ride options or home-delivery pilots.