

# Food Insecurity

## Upper Des Moines Opportunity

### Hours:

- Monday, Tuesday, Thursday 8:30am - 4:00pm
- Wednesday, Friday 10:00am - 3:30pm

Address: 1575 18th Street, Spirit Lake, Iowa 51360

Phone: (712) 336 - 1112

\*Food available beyond pantry hours\*

## Dickinson County Department of Health and Human Services

Hours: Monday - Friday 8:00am - 4:30pm

Address: 1802 Hill Avenue, Suite 2401, Spirit Lake, Iowa 51360

Phone: (712) 336 - 2555 | 1 (886) 336 - 2555

# Emergency Food Assistance

## Randy's Pantry

Hours: 24/7 outdoor food cupboards (Available Spring/Summer/Fall)

### Addresses:

- Lakes Area Senior Center (2101 Zenith Ave, Spirit Lake, IA 51360)
- LRH Physical Therapy (1003 21st St, Milford, IA 51351)

\*Food quantity and quality is subject to change\*

## SNAP Application

1 (855) 944-3663

[www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)



WIC Calendar  
& Contact  
Information



Learn more about  
Dickinson County  
Hunger Coalition

# Monthly Food Pantries

## Lake Park First Presbyterian

Hours: 4:30pm - 6:30pm (First Thursday of Every Month)

Address: 1220 South Market Street, Lake Park, Iowa 51347

Phone: (712) 832 - 3401

## Good News Church (Okoboji)

Hours: 9:00am (First and Third Saturday of Every Month)

Address: 1010 Julia Street, Okoboji, Iowa 51355

Phone: (712) 332 - 5698

## Spirit Life (Spirit Lake)

Hours: 8am-10am (Second and Fourth Saturday of the Month)

Address: 2504 Enterprise Avenue, Spirit lake, Iowa 51360

Phone: (712) 336 - 0114

## Milford Downtown Church

Hours: 4:30pm - 6:30pm (Third Thursday of Every Month)

Address: 2105 North Avenue, Milford, Iowa 51351

Phone: (712) 338 - 4740