

# 2026 Montgomery County Food Resource Guide

## Food Pantries

### Christ's Cupboard

Phone: (712) 623-2195  
Address: 206 E Coolbaugh, Red Oak, IA 51566  
Hours: Wed 1:00pm - 4:45pm

### West Central Community Action

Phone: (712) 623-2339  
Address: 1201 Highland Ave, Red Oak, IA 51566  
Hours: Mon & Thurs 9am-Noon & 1pm-3pm  
by appointment only

### Mamrelund Lutheran Church (for residents of Stanton)

Phone: (712) 370-3727  
Address: 410 Eastern Ave, Stanton, IA 51573  
Hours: By appointment only. Delivery options available.

### Red Oak Community Fridge - Open 24/7

Phone: (712) 623-6491 or text (712) 357-5472  
Address: 101 E Cherry St, Red Oak, IA 51566

### Evangelical Covenant Church

Phone: (712) 829-2543 or (712) 592-3488  
Address: 308 Eastern Ave, Stanton IA 51573 Call Rev.  
Hours: Matt King to coordinate pick up.

### Villisca Community Food Pantry (for residents of Villisca)

Phone: (712) 826-3372  
Address: 203 S 3rd Ave, Villisca, IA 50864  
Hours: Wed 11:30am-1:00pm, Thurs 4:00pm-5:30pm  
or call for an appointment.

### Elliot Community Food Pantry

Phone: (712) 621-7032  
Address: 305 1st Street, Elliott, IA 51573  
Hours: 1st and 3rd Thursday of the Month  
6pm-8pm  
Email: elliotfoodpantry@gmail.com

## Mobile Food Pantry ALL ARE WELCOME - NO REQUIREMENTS

visit Live Well Montgomery County on Facebook for area listings or <http://foodbankheartland.org>

## Food Delivery Services

### Montgomery County Memorial Hospital Mobile Meals

Meals delivered M, T, W, Th, F within Red Oak city limits.  
\$5.25 per meal (lunch and dinner options)

Phone: (712) 623-7183  
Address: 2301 Eastern Ave  
Red Oak, IA 51566

### Villisca Meals on Wheels Good Samaritan Society

Delivery of lunch inside Villisca city limits M, T, W, Th, F.

Phone: (712) 826-9592  
Address: 202 Central Ave  
Villisca, IA 50864

### Groceries

Contact your local grocery store for delivery options:  
Fareway, Red Oak: (712) 623-2651  
Hy-Vee, Red Oak: (712) 623-4992

### Life 5b

Phone: (712) 309-1113  
(515) 478-9849  
Email: Life5b712@gmail.com

To apply for food stamps, please pick up a paper application at your local DHS office (1109 Highland) or apply online at <https://hhs.iowa.gov>

WIC- Women, Infants and Children is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care agencies. In Iowa, call 800-532-1579 to find the office closest to you.