

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
1st and 3rd Thursday of the Month
Hours: 6pm-8pm
Email: elliottfoodpantry@gmail.com

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.

Mobile Food Pantry ALL ARE WELCOME - NO REQUIREMENTS

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



Questions or need assistance?

Call Christie @ 712-623-7179