



TAKE-HOME GUIDE · SHOPPING ON A BUDGET PANEL

Lamoni Food Pantry

Everything you need to know for a first visit, straight from the pantry.
feedinglamoni.com

Who can use it

- ☐ **Iowa households within the income limits below**
or anyone already receiving SNAP or Free & Reduced Lunch.
More people qualify than you'd think:
a family of four can earn up to \$61,050 a year.
- ☐ **You self-certify; no pay stubs, no proof.**
One signature says you qualify. That's it.

OPEN HOURS

Tuesdays
2:00 – 3:30 PM

Thursdays
5:00 – 6:30 PM
visit once a month

GROSS MONTHLY INCOME LIMITS (EFFECTIVE JULY 2026) · ADD \$876 PER EXTRA PERSON

Household size / limit	1	2	3	4	5	6
	\$2,461	\$3,337	\$4,212	\$5,088	\$5,964	\$6,839

Your first visit

- ☐ **Be 18+ and bring an ID plus proof of address.**
A mailed envelope, current lease, or utility bill all work.
Must reside within Lamoni, Davis City, or Grand River to qualify.
- ☐ **Simple paperwork, done on the spot.**
Household names and birthdates, plus the eligibility signature; staff walk you through the process.

What to expect

- ☐ **Walk in, sign in, place an order with the front desk, then shop the shelves.**
Roughly \$200 of groceries for a family of four (80–100 lbs). Toiletries, Hygiene, & Diapers are always stocked. No baby formula, but the free Tuesday health clinic, at the Lamoni CoC, carries it.
- ☐ **Birthday that month? There's cake.**

GOOD NUMBERS TO HAVE

Rides: Lamoni Wheels · 641-289-0811

Emergency relief fund · 641-289-0844

SNAP hotline · 1-855-944-FOOD

WIC · 1-800-532-1579

Apply for SNAP online: hhsservices.iowa.gov · Find pantries: foodbankiowa.org/find-food

Shared at the Shopping on a Budget panel · Lamoni Public Library · Uplift of Rural Iowa