

# IDEA Collective: December 2025

## Food Assistance Resources & Ways to Get Involved

In light of the holiday season, this month's focus is on the topic of food assistance resources & ways to contribute. The IAND team wishes you all happy holidays with friends, family, good health, and comforting food.

### Find Food Assistance Near You

A **food bank** is an organization that procures and stores bulk quantities of food that is distributed to local **food pantries**. Food pantries are locations where community members can receive food. Food pantries may distribute food through **community centers, schools, churches, meal sites, or mobile pantries**.

The [Iowa Food Bank Association](#) includes the following food banks:

- **Food Bank of Siouxland, Inc.** (Sioux City)
- **Food Bank for the Heartland** (Omaha, NE)
- **Food Bank of Iowa** (Des Moines)
- **Northeast Iowa Food Bank** (Waterloo)
- **Hawkeye Area Community Action Program Food Reservoir** (Hiawatha)
- **River Bend Food Bank** (Davenport)

**Find local food pantry locations** and resources through your region's food bank, or enter your zip code on [FindHelp.org](#) and search under Food.

To find **congregate nutrition locations**, enter your location on this [Iowa HHS webpage](#). Also visit resources such as [Meals on Wheels](#) or your local **Agency on Aging**.

### Ways to Promote Food Security

- **Donate** your time, money, or food/household essentials to your local food pantry.
- Purchase **food bank donation bundles** from participating grocery stores.
- [Advocate](#) for hunger relief in Iowa.
- **Direct patients** towards food assistance resources, including SNAP, WIC, Meals on Wheels, and community programs. Involve the **interdisciplinary team**, including social work professionals, to ensure cohesive care that sets patients up for success.

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