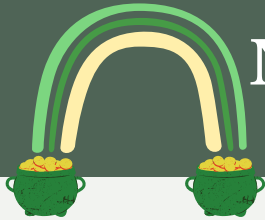


March 2024



NAVIGATE & EDUCATE



Monthly Newsletter



Foot Clinic

Cedar County Public Health

March 7th
April 4th
May 2nd
June 6th & 27th
August 1st
September 5th

8:30–11:00 a.m.

Cedar County Emergency
Management Agency
1410 Cedar Street
Tipton, IA 52772

Please bring your own basin and towel

***If you are diabetic, you MUST have an order
from your doctor!***

Call 563-886-2226 with any questions!
\$10 donation requested at time of service

PLEASE NOTE
THE CHANGE
IN LOCATION!

Available Food

1st Friday of the Month - 3:30-4:30pm Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton

Tuesdays - 3:45-5:15pm @ 300 Cedar St. Bennet

2nd & 4th Saturday of the Month - 10:00a-12:00p Food Pantry @ Zion UCC, 402 Main St, Lowden

2nd & 4th Wednesdays of the Month - 3:30-5:30pm Food Pantry @ First UCC, 600 Mulberry St, Tipton

2nd & 4th Saturdays of the Month - 11:00am-11:45am Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton

2nd & 4th Thursdays of the Month - 6:00-7:00pm Bring Photo ID, UMC, 307 E First St, Mechanicsville

3rd Tuesday of the Month - 3:30-4:30pm Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch

3rd Saturday of the Month - 9:00-10:00am Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton

Every Wednesday - 5:30-6:30pm Food Pantry @ St. John's UCC, 320 9th Ave, Clarence

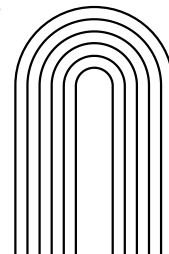
1st & 3rd Saturdays of the Month - 10:00am-1:00pm

2nd & 4th Wednesday of the Month - 3:00-7:00pm, Hein Manor bottom level 807 3rd St. Durant

Every Monday - 5pm-6pm Food Pantry @ St. Paul's UCC, 315 North Main St. Wheatland

2nd & 4th Saturdays of the Month - 9:30-10:30am @ St. Mark's Lutheran Church, 102 W. Church St. Oxford Jct.

Every Friday - 8:30-10am @ United Presbyterian Church 401 Main St. Lost Nation



Recipe Generators
UNSURE WHAT TO COOK?
Here are a few websites that will generate recipes with the ingredients you already have at home. SuperCook.Com & MyFridgeFood.Com



Street Outreach Program

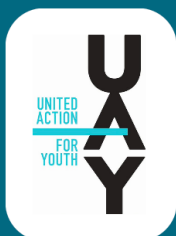
How can we help?

Advocacy: Education, Employment, Identifying Documents, Physical Health, Mental Health, Shelter, Housing
Basic Needs Items: Hygiene Products, Weather Safety Gear, Access to Food, Referrals to Support Services



What do we offer?

Individual Case Management
Site-Based Drop-In Support
Group-Based Education
Peer Mentorship
Services Available in Johnson, Washington and Cedar Counties



How can you get involved?

Must be 21 or under in one of our service counties

Come to a drop-in site to get connected
Opt into school based education groups

Submit an online referral to set up a 1:1 meeting at:

unitedactionforyouth.org/tlp



SOP

STREET OUTREACH PROGRAM



who?

- Young people 21 and under who are experiencing homelessness or who are at risk of experiencing homelessness

what?

- Connect to basic needs
- Gain education about housing resources
- Work with an advocate who can help



Where?

- Johnson, Washington, and Cedar Counties
- Learn More: unitedactionforyouth.org/tlp

